



RELOCATION & VISITORS GUIDE



2011

ANDROSCOGGIN COUNTY
CHAMBER OF COMMERCE

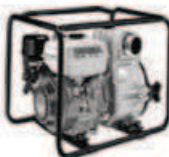
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Business Service Center at KeyBank Plaza
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Lewiston, ME 04243-0059

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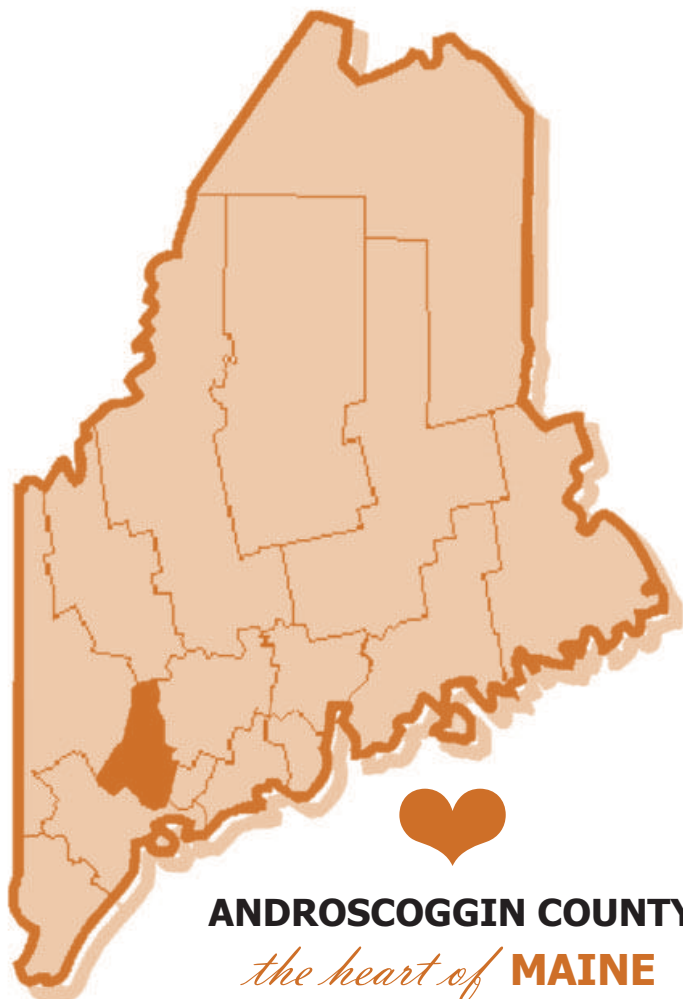
All reasonable care has been taken to ensure the accuracy of the
information provided in this publication.

VISIT US IN ANDROSCOGGIN COUNTY



Centrally located, Androscoggin County is less than one hour from the seacoast, the mountains, Portland, and the state capital of Augusta. A community of festivals and events, it is home to the Liberty Festival, Moxie Festival, Festival FrancoFun and the renowned Great Falls Balloon Festival.

Androscoggin County is the hub of most major highways in the state. Interstate access to the area is provided via Exits 75, 80, and 86 off the Maine Turnpike. The area is also served by an extraordinarily well-equipped general aviation airport in Auburn and by two of the state's major rail lines — Maine Intermodal Transportation and Guilford Railways. Maine Intermodal Transportation operates the intermodal transportation facility in Auburn, making Auburn the largest freight port in Maine with both direct service to Canada and connecting service to Chicago, Mexico, and Vancouver. Freight originating in Auburn ultimately ends up in the Far East. Plans are currently under way to develop passenger rail service to the Twin Cities, with an Amtrak connection to Boston and Montreal.



Area	459 square miles
Population	107,020
County Seat.....	Auburn

TRAVEL DISTANCES

AUGUSTA	30
BANGOR.....	106
BOSTON	142
BRUNSWICK	20
FREEPORT	25
MONTREAL	237
NEW YORK CITY	349
PORTLAND	34
QUEBEC	256

EVENTS / THINGS TO DO

Auburn Winter Festival.....January 28–February 6
City of Auburn 207 333-6600

14th Annual Walk Against ViolenceMay 14
Simard-Payne Police Memorial Park, Lewiston 207 795-6744

Festival FrancoFun..... June 3-4
Franco-American Heritage Center, Lewiston 207 783-1585

National Trails Day Hikes & Trail Work..... June 4
Androscoggin Land Trust 207 782-2302

Business-to-Business Trade Show June 9
Androscoggin Bank Colisee, Lewiston • 9:30am-5:30pm 207 784-0161

5th Annual Maine Blues FestivalJune 18
Naples www.mainebluesfestival.com

Father's Day – Bass Fishing Tournament ...June 19
Riverbend Campground, Leeds 207 524-5711

Auburn Community Concerts..... Mid-June–August
Festival Plaza • Every Wednesday 7:00 p.m.

L-A 5K Triple Crown Series Mid-June-August
207 795-4095

Wednesdays in the Park..... Mid-June–Mid-August
Children's Entertainment 207 513-3005

Liberty Festival.....July 4
Veteran's Park, Lewiston 207 783-2249

Festival on the Green.....July 4
Turner Center, Route 117

Chief Worumbo Androscoggin River Race...July 10
Lisbon Falls 207 782-2302

Moxie Festival.July 8-10
Lisbon Falls 207 353-3000

Native American FestivalJuly 8-10
Lisbon Falls 207 353-3000

Kids' Fish-OffJuly 16
Riverbend Campground, Leeds 207 524-5711

Bates Dance Festival..... July 11–August 13
Bates College Campus 207 786-6381

Mid-Summer Lakeside Concert Series..July–August
Olin Arts Center, Bates College • Thursday Evenings • 207 786-6400

Great Falls Balloon Festival.....August 19-21
Downtown Lewiston-Auburn 207 783-2249

Great Falls Paddling SocietyAugust 19-21
Androscoggin Land Trust • www.androscogginlandtrust.org • 207 782-2302

The Greek Festival.....September 9-11
Holy Trinity Greek Orthodox Church, Lewiston 207 783-6795

15th Annual Strutt Your MuttSeptember 24
Simard-Payne Police Memorial Park, Lewiston 207 786-4713

The Dempsey ChallengeOctober 8-9
1-866-990-1499

Fall Festival at Lost ValleyOctober 2
Lost Valley Ski & Banquet Resort, Auburn 207 784-1561

Holiday Festival for ChildrenDecember 3
Sponsored by Advocates for Children, Lewiston 207 783-3990

Museum L-A..... 207 333-3881
Lewiston

Moto-X Racing 207 782-5115
Yvon's Track & Trail, Greene

Poland Spring Preservation Park 207 998-7143
Poland Spring

Shaker Village..... 207 926-4597
New Gloucester

State of Maine Building 207 998-4142
at Poland Spring

Sts. Peter & Paul Basilica 207 777-1200
Lewiston

Thorncrag Bird Sanctuary 207 782-5238
Lewiston

Washburn-Norlands Living History Center
Livermore 207 897-4366

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Join the Celebration

What better way to experience the best of what Maine has to offer—join us at one of Androscoggin County's festivals. Throughout the year, we offer many festivals and activities for young and old. Many of our festivals offer live entertainment, cultural exhibits and of course, great food!



Ski & Banquet Resort

October 2, 2011

10:00am—4:00pm

Free admission, free parking, \$1 chairlift rides and much more!

1 day only to get the best prices on season passes!

*Fall Festival
& Season
Pass
Madness*

19th Annual Great Falls Balloon Festival

Aug. 19, 20, & 21, 2011

There's a full schedule of events for all ages to enjoy. Carnival rides, business trade exhibits, crafters, food, fireworks, live entertainment, novelty & souvenir vendors, climbing wall, kids' area, games, activities and demonstrations. Free admission!



P.O. Box 304, Auburn, ME 04212-0304
(800) 639-6331 www.greatfallsballoonfestival.org

The Moxie Festival

July 8-10, 2011



Carnival
Pancake Breakfast
Canoe Race



Parade
Fireworks
Games



Moxie Recipe Contest
Lisbon Fire Dept Fun & Games
Native American Powwow

For more information visit www.moxiefestival.com

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Lewiston - Auburn
**LIBERTY
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— July 4, 2011 —

Tribute to the American Flag

Join us and celebrate our great country
on the banks of the Androscoggin River
in Lewiston-Auburn.

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If you would like to volunteer or if you would
like more information, please visit our
website at www.libertyfestival.org

COMMUNITY PROFILES



According to the most recent ranking compiled by the Children's Rights Council of Washington, D.C., a national child advocacy organization, Maine is considered

the best state in which to raise a child. Maine, in addition to being one of the most crime-free states, has one of the most progressive medical systems in the country.

Androscoggin County

2 Turner Street, Auburn, ME 04210 • 207-784-8390

Population.....	107,020
Register of Deeds.....	207-782-0191
Register of Probate	207-782-0281
District Court	207-795-4801
Superior Court	207-783-5450

Auburn (1842)

60 Court Street, Auburn, ME 04210 • www.auburnmaine.org

Together with Lewiston, Auburn is part of the second-largest metropolitan center in Maine. With a commercial base that has grown exponentially and an ambitious downtown revitalization plan, Auburn has redefined itself as an economic hub. Assets, such as an airport, rail service, and turnpike access, have attracted entrepreneurs and national firms to the area. Auburn offers plenty by way of entertainment, with golf courses, a ski area, restaurants, and its annual Great Falls Balloon Festival. Auburn also takes pride in its Androscoggin Valley Community Orchestra, live theatre, and the Androscoggin Historical Society, which houses an array of Native American and Civil War documents and artifacts.

Square Miles.....	66.8
Population	23,203
Distance from Lewiston	A Stone's Throw
Type of Government	City Manager/Council
2010 Tax Rate	\$19.30
Utilities.....	Public Sewer/Water
Electricity	Central Maine Power
Gas	Unitil
Average Price of Single-Family Home.....	\$170,000
Library.....	207-333-6640
City Hall.....	207-333-6600
City Manager.....	Glenn Aho

Durham (1789)

630 Hallowell Road, Durham, ME 04222
towndurham@gwi.net • www.durhamme.com

First settled about 1770 by Samuel Gerrish, the town was originally called Royalsborough but was renamed Durham upon its incorporation on February 17, 1789. Lumbering and agriculture were the earliest pursuits of the residents; its current rural character is the legacy of farming. Religiously diverse, Congregationalists, Methodists, and Friends congregations have enjoyed continuous existence since the town's incorporation. Another church of interest is Shiloh Chapel, which began as a religious revival in 1894 and attracted converts from all over the world. Modern-day Durham is an attractive and growing community that is home to friendly people who work in surrounding communities. Durham still has several working farms. Noted for its natural beauty, Durham has two municipal parks open for picnicking, the River Park with nature trails and views of the Androscoggin River and Runaround Pond Park and Dam.

Square Miles	38
Population	3,889
Distance from Lewiston	9 Miles
Type of Government.....	Town Manager Selectmen

2008 Tax Rate	\$19.22
Utilities	Private Wells/Septic
Electricity	Central Maine Power
Average Price of Single-Family Home.....	\$200,000
Library	None
Town Hall	207-353-2561 • F-207-353-5367
Administrative Assistant/Selectman	Warren Hatch

Greene (1788)

PO Box 510, Greene, ME 04236 • tmgreene@ctel.net www.townofgreene.net

The second town incorporated in the county limits was named after Major General Nathan Greene of the Continental Army. The town lies almost exactly in the center of Androscoggin County and was believed to produce the first shingles sawed in Maine. The town has done away with its mills and has become a suburban area.

Square Miles.....	36
Population	4,500
Distance from Lewiston	7 Miles
Type of Government	Town Manager/Selectmen
2009-10 Tax Rate.....	\$12.00
Utilities	Private Wells/Septic
Electricity	Central Maine Power
Average Price of Single-Family Home.....	\$125,000
Library	207-946-5544
Town Office	207-946-5146 • F-207-946-2102
Town Manager	Charles Noonan

Leeds (1801)

PO Box 206, Leeds, ME 04263

Originally Littleborough plantation named after Moses Little, one of its largest proprietors, Leeds changed its name to honor Leeds, England, where the original settlers' family was from. It is home of the late Major General Oliver Howard, and a monument was erected in his name to remember the Civil War veterans from Leeds. The trail to reach the monument is open to the public and is about a half-mile walk to the top of what is known as Monument Hill. Located on the North Road, the trail is busiest in autumn when the journey up, and view at the top, is breathtaking with fall colors.

Square Miles.....	41
Population	2,001
Distance from Lewiston	15 Miles
Type of Government	Selectmen/Admin. Assistant
2009-10 Tax Rate	\$10.62
Utilities	Private Wells/Septic
Electricity	Central Maine Power
Average Price of Single-Family Home.....	\$82,008
Library	No
Town Hall	207-524-5171
Town Clerk	Jane Wheeler

Lewiston (1795)

27 Pine Street, Lewiston, ME 04240 • www.lewistonmaine.gov

Lewiston is Maine's second largest city and is located on the banks of the Androscoggin River. Lewiston and neighboring City of Auburn form the business and cultural center of Androscoggin County. Life Flight medical helicopters complement world-class healthcare providers, manufacturers, financial institutions, and telecommunications. Lewiston is the home of nationally ranked Bates College, the University of Southern Maine's L/A College, and Kaplan University, as well as a dynamic pre-K through 12 school system. The Quebec Major Junior Hockey League (QMJHL) MAINEiacs hockey team, area golf courses, seasonal festivals, acclaimed restaurants, various shopping options, and walking trails are also available. Known as one of America's 100 best small arts communities, The Public Theater, Olin Arts Center, L/A Arts, and Franco-American Heritage performing arts center represent only a sampling of such options.

COMMUNITY PROFILES

Inc. Magazine has listed Lewiston-Auburn in its top 100 “Best Places for Doing Business in America” and the National Civic League designated Lewiston as an “All-America City” in 2007. Lewiston also received a 2006 “Outstanding Achievement City Livability Award” from the United States Conference of Mayors. Lewiston’s vitality, cultural richness, and diversity are reasons the area was also selected as the national headquarters of the Forum Francophone des Affaires, an international trade group of French-speaking nations.

Square Miles.....	35.4
Population.....	35,690 (2000 Census)
Type of Government	City Administrator/Council
2010-11 Tax Rate	\$25.40
Utilities	Public Sewer/Water
Electricity	Central Maine Power
Gas.....	Unitil
Average Price of Single-Family Home.....	\$130,000
Library	207-513-3004
City Hall	207-513-3000 • F-207-795-5069
.....	207-513-3007 (TTY/TDD)
City Administrator	Edward A. Barrett

Lisbon (1799)

300 Lisbon Street, Lisbon, ME 04250 • www.lisbonme.org

Home of the Moxie Festival, which celebrates the famous New England soft drink, Lisbon is located on the Androscoggin River between the Bath/Brunswick area and the Cities of Lewiston and Auburn. Lisbon, once known as the most “Industrialized Town in Maine” because of the large cotton mills that dominated the business scene, has diversified into numerous small businesses and is home to world-renowned companies such as Knight Celotex, Floor Systems, The Dingley Press, and Furniture Superstore.

Square Miles	24
Population	9,077
Distance from Lewiston	5 Miles
Type of Government	Town Manager/Selectmen
2010-11 Tax Rate	\$21.00
Utilities	Public Sewer/Water
Electricity	Central Maine Power
Gas.....	Unitil
Average Price of Single-Family Home	\$99,000
Library	207-353-6564
Town Hall (all Depts.).....	207-353-3000 • F-207-353-3007
Town Manager	Steve Eldridge (ext. 102)

Livermore (1795)

10 Crash Road, Livermore, ME 04253

Livermore is a small, rural town situated in the western hills of Maine on the west bank of the Androscoggin River. Originally named Port Royal, because it was granted by Massachusetts to certain persons for services in the French and Indian War in the expedition against Port Royal, Nova Scotia, the name was changed in honor of the first settler and largest proprietor, Deacon Elijah Livermore.

Square Miles.....	39
Population.....	2,106
Distance from Lewiston.....	20 Miles
Type of Government	Selectmen
2010-11 Tax Rate	\$13.80
Utilities	Private Wells/Septic
Electricity	Central Maine Power
Average Price of Single-Family Home	\$63,116
Library	207-897-7173
Town Hall	207-897-3207
Administrative Assistant	Kurt Schaub

Livermore Falls (1843)

2 Main Street, Livermore Falls, ME 04254

www.livermorefallsmaine.org

The setting-off of East Livermore, now Livermore Falls, from the parent town of Livermore was made on account of the inconvenience of holding town meetings and doing town business across an unbridged river. The town meetings would be held in March on the west side of the Androscoggin River, and no one from the east could attend due to the swollen water and floating ice. When construction of the bridge was denied, the settlers succeeded in the division of the town into Livermore and Livermore Falls. East Livermore remained the town’s name until a petition was put forth to the Legislature to change the corporate name to Livermore Falls.

Square Miles	26
Population	3,255
Distance from Lewiston	30 Miles
Type of Government	Town Manager/Selectmen
2010 Tax Rate	\$20.80
Utilities	Public Sewer/Water
Electricity	Central Maine Power
Average Price of Single-Family Home	\$80,000
Library	207-897-3631
Town Hall	207-897-3321 • F-207-897-9397
Town Manager	

Mechanic Falls (1893)

108 Lewiston Street, Mechanic Falls, ME 04256

www.mechanicfalls.govoffice.com

The town of Mechanic Falls offers both quality of life and employment opportunities to its citizens. The community is close to Lewiston/Auburn and the Oxford Hills regions but is in a tranquil, rural setting surrounded by mountains, lakes, and rivers. Mechanic Falls has a rich history as a manufacturing community, spanning more than 140 years. Historically, the waterpower of the Little Androscoggin River and the construction of the St. Lawrence & Atlantic Railroad were the two primary sources of the town’s growth and prosperity.

Square Miles.....	11
Population.....	3,138
Distance from Lewiston	10 Miles
Type of Government ...	Town Manager/Council/Town Meeting
2010 Tax Rate	\$17.55
Utilities	Public Sewer/Water
Electricity	Central Maine Power
Average Price of Single-Family Home.....	\$96,253
Library	207-345-9450
Town Hall.....	207-345-2871 • F-207-345-9201
Town Manager	John Hawley - jchawley@roadrunner.com

Minot (1802)

329 Woodman Hill Road, Minot, ME 04258 • www.minotme.org

Minot, a small town rich in agricultural history, borders the City of Auburn and is close to the Oxford Hills region. In the early days, Minot had many mills, including grist, wool, bark, shake and shingle, and lumber mills. Today, Minot is a growing community. Town government consists of a 5-member Board of Selectmen and School Committee. The Minot Consolidated School includes K-8th grade. High school students attend Poland Regional and other surrounding high schools.

Square Miles.....	30
Population.....	2,865
Distance from Lewiston	8 Miles
Type of Government	Selectmen
2010 Tax Rate	\$15.70
Utilities	Private Wells/Septic

COMMUNITY PROFILES

Electricity Central Maine Power
Average Price of Single-Family Home.....\$175,000
Library Member Auburn Public Library
Town Hall 207-345-3305 • Fax 207-346-0924
Town Administrator Arlan A. Saunders

Poland (1795)

1231 Maine St. Poland, ME 04274 • www.polandtownoffices.org

The healing waters from Poland Spring are said to have relieved many hopeless cases of disease throughout the world. Beauty aside, the legend of the water brought about the famous summer resorts and hotels of the Ricker family. Now the site of Poland Spring Bottling and The Inn at Poland Spring, the history and natural beauty of the area are still preserved. Poland has the Preservation Park at Poland Spring Bottling, six lakes, and Range Pond State Park.

Square Miles 48
Population 6,000
Distance from Lewiston 16 Miles
Type of Government Town Manager/Selectmen
2011 Tax Rate \$13.40
Utilities Private Wells/Septic
Electricity Central Maine Power
Average Price of Single-Family Home.....\$150,000
Library 207-998-4390
Municipal Offices..... 207-998-4601 • F-207-998-2002
Town Manager Dana Lee

Sabattus (1840)

190 Middle Rd., Sabattus, ME 04280 • www.sabattus.org

The Town of Sabattus was first incorporated on March 21, 1788, with the name of Webster. One major change occurred in March of 1840 when the town was split into 2 towns; one was Webster and the other Lisbon. The Town of Webster was changed to the Town of Sabattus on March 13, 1971. The name of *Sabattis* came from one of the chiefs of the Indians that had lived in the area before the settlers arrived. The spelling was changed from Sabattis to its current spelling. The Town of Sabattus has an original tavern building still standing, built in 1791. In 1910, a group formed a business called Sabattus Mineral Spring Water. The source of the water they sold was a clear stream flowing from the side of Sabattus Mountain.

Square Miles 25
Population 5,002
Distance from Lewiston 6 Miles
Type of Government Selectmen & Town Charter
2010-11 Tax Rate \$14.15
Utilities Sabattus Sanitary District
Electricity Central Maine Power
Average Price of Single-Family Home \$90,000-\$100,000
Library No
Town Hall 207-375-4331
Town Manager Rick Bates

Turner (1786)

**11 Turner Center Rd. Turner, ME 04282 • www.turnermaine.com
turnerme@megalink.net**

Turner, the oldest municipality in the county, is a rural community of forested hills, rolling fields, and family farms, located on the northern border of Auburn. It has over 200 years of agricultural history and produces apples, cranberries, eggs, dairy products, and numerous forest products. Its eastern border is formed by the mighty Androscoggin River, on the shores of which lie over 2,000 acres of state-managed land. This area provides four seasons of recreational opportunities, and an adjacent boat launch provides exceptional access to the river. Thirteen ponds of various sizes, most with public access, and two streams with excellent trout fishing top off the recreational experience.

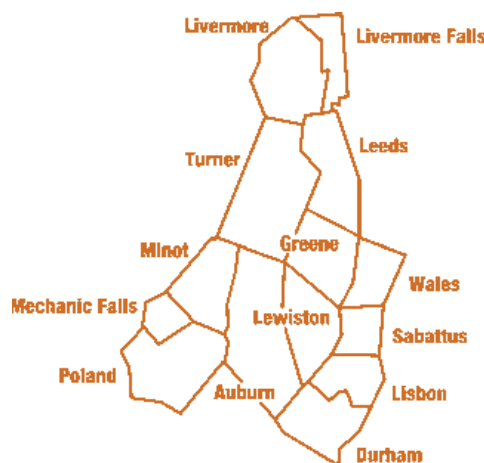
Square Miles.....62
Population.....4,972
Distance from Lewiston 12 Miles
Type of Government Town Manager/Selectmen
2010-11 Tax Rate.....\$13.66
Utilities Private Wells/Septic
Electricity Central Maine Power
Average Price of Single-Family Home.....\$150,000
Library 207-225-2030
Turner Museum & Historical Association 207-225-2629
Town Hall 207-225-3414
Town Manager Eva Leavitt

Wales (1816)

302 Center Rd. Wales, ME 04280

A quaint town, scattered with houses and farms, Wales was once the home of the first co-op creamery in Maine, called Sabattus Mountain Creamery. The town's highest point is Sabattus Mountain; on a clear day, the City of Portland can be seen from its summit.

Square Miles.....16
Population.....1,322
Distance from Lewiston 11 Miles
Type of Government Selectmen
2003-04 Tax Rate.....\$24.50
Utilities Private Wells/Septic
Electricity Central Maine Power
Average Price of Single-Family Home.....\$90,000
Library No
Town Hall 207-375-8881
Town Clerk Donna Simoneau



Bullseye!

When Michael Austermeier and his crew from Lufthansa Technik touched down in Auburn and saw three vintage Lockheed Superstar Constellations, they could hardly believe their eyes. The rare 1950s planes were in great shape. They began an ambitious project to refurbish one of the trio the way it would have rolled off the production line in Europe. When complete, Lufthansa will offer high-end luxury flights.

Little did Mr. Austermeier know he had touched down in one of the most business-friendly communities in the country. Within a year of buying the aircraft from a resident, the project was approved, a state-of-the-art hangar was built at the Auburn-Lewiston Municipal Airport, and a number of local jobs were created. "Working here has been a delight," says Michael, "and we've been received with open arms."

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ECONOMIC DEVELOPMENT



Fresh into the second decade of the millennium and in spite of a lingering recession, Androscoggin County is characterized by a sense of energy and optimism, fueled by several exciting new projects.

Bucking national trends, an independent family-owned pharmacy and medical products company is continuing to grow and thrive in the Lewiston-Auburn area. Bedard Health Care Group held a groundbreaking ceremony in Auburn last fall to mark the launch of a 36,000-square-foot pharmacy and “medical campus.” The project, which will ultimately create 10 new jobs for the company, is expected to be complete by late 2011.

Indeed, the area’s health care industry is among the largest in the state, as more people in L-A are employed in health care-related work than in any other industry. Both hospitals have undertaken a renovation of their emergency rooms and labs at a combined investment of \$60 million. St. Mary’s Medical Center also recently constructed a 20,000-square-foot satellite facility in Auburn with space for X-ray, cardiac rehabilitation, physical/occupational rehabilitation, and health screening departments.

Additionally, the U.S. Department of Veterans Affairs is locating a Community-based Outpatient Clinic near Exit 80 of the Maine Turnpike. The 30,000-square-foot clinic, to be located at 15 Challenger Drive off Alfred Plourde Parkway, is scheduled to open in 2011, and will eliminate the need for nearby veterans to travel to Togus.

Sandcastle Clinical and Educational Services opened the doors of its new 15,000-square-foot education and clinical services facility at 72 Strawberry Avenue in Lewiston. The private nonprofit agency, established in 1996, offers speech, occupational, and physical therapy and mental health services to individuals of all ages.

A Diversified Economy

Over the past 30 years, as the state’s second largest population center, L-A has steadily transitioned from textile, shoe and traditional manufacturing to robust sectors such as health care, high-precision manufacturing, distribution/logistics, financial and business services, and the creative economy.

The effects of that ongoing transformation were made apparent in the Milken Institute’s 2010 Best Performing Cities report. The Milken report showed the Lewiston-Auburn MSA led all New England MSAs in growth of high-tech production, coming in at about 12 percent above the national average. The annual report ranks U.S. metropolitan areas according to a number of criteria measuring economic performance.

The reason for the high score is no doubt in part due to smart entrepreneurial companies such as Wahlco Metroflex, ENEFCO, and Micronetixx Communications, LLC, which specializes in engineering and developing digital television broadcast antennas. Micronetixx antennas are used with traditional TVs, mobile TVs, hand-held units, and forward link only applications (used in streaming news applications and cell phone programming).

Micronetixx staff have decades of experience working closely with military contractors and personnel. Besides cell and broadcast towers, the company designs high-power electromagnetics applications for the defense industry, and other industrial and medical uses.

Some local companies have enjoyed healthy growth and expansion. For example, Argo Marketing Group, a direct response marketing and call center, was expected to expand its operations and relocate to the Business Service Center at 415 Lisbon Street in Lewiston. They will occupy about 5,000 square feet of space on the second floor.

Meanwhile, across the river, TD Bank created a new customer service center and 300 new jobs at the Auburn Mall. The facility is distinguished by a number of energy-efficient and LEED-certified features.

Lewiston-based Compounding Solutions, a leading specialty plastics compounder for the medical device industry, recently added a 30,000-square-foot addition to its manufacturing facility.

Another high-profile project that has grown in scope is Lufthansa Technik’s historic Lockheed Constellation restoration project. A few years back, Lufthansa’s non-profit foundation purchased three rare Lockheed L-1649A “Super Star” aircraft in a private sale in Auburn and is overseeing restoration of one aircraft that will be fully operational and built just as it would have come off the assembly line in the 1950s. Lufthansa Technik decided to undertake the project right in Auburn in a new 30,000 square-foot hangar at the Auburn-Lewiston Municipal Airport.

Transportation & Logistics

All this diversification helps cushion L-A against the sharp blows of the current recession. Just as Lewiston-Auburn was built largely as a result of the power of the Androscoggin River as an energy source, the area is being redefined and recreated in part by the strength of its transportation, distribution, and logistics industry.

The area’s central location is a major selling point, as nearly half the state’s population is located within 30 miles of L-A. The area’s strategic location is enhanced by three turnpike exits with direct access to I-95; two railroads, including St. Lawrence & Atlantic Railroad (operated by Genesee & Wyoming), with international connections to deep sea ports via Canadian National; and a busy and growing airport. The area also has a double-stack rail-to-truck intermodal facility located at a U.S. Customs port of entry. Excluding oil deliveries, if measured by the sheer volume of cargo containers, the Auburn port is Maine’s busiest.

With Amtrak’s recent commitment to extend passenger rail service to Brunswick, Auburn is also in line to receive passenger rail service in the future. Freight lines will also be extended and enhanced, with improved access to Saint Lawrence & Atlantic and Canadian National corridors.

In 2004, the U.S. Department of Commerce approved creation of a General Purpose Foreign Trade Zone in Auburn. An FTZ benefits qualifying companies that conduct international trade by eliminating, reducing, or deferring payment of tariffs on products or raw materials. It applies to companies within 60 miles or 90 minutes of the FTZ.

Some of the area’s major employers in transportation and logistics include Poland Spring, LePage Bakeries, VIP Parts & Service, the Wal-Mart Distribution Center, Savage Safe Handling (which handles nearly 4,000 railcars and 12,000 truckloads of industrial raw materials per year), Estes Express, which opened a new 15,000-square-foot trucking terminal on River Road in Lewiston in 2007, and Fed-Ex, which recently built a nearly 80,000-square-foot distribution facility in Lewiston.

ECONOMIC DEVELOPMENT

Quality of Life

Business growth in Androscoggin County is about much more than distribution and logistics. Indeed, when one considers what makes a good community livable, the area has had significant development across the board including multi-million dollar library renovations, road and green space improvements, new housing stock ranging from elderly housing to high-end condos, and new hotels.

For example, a new \$13 million, 100-room Marriott Residence Inn was completed two years ago in Auburn's bustling Turner Street and Mount Auburn Avenue area.

Each of the area's four colleges has experienced robust growth as well. L-A College recently completed a new 14,000-square-foot, \$2.5 million learning center called LearningWorks. (Another 8,000-square-foot build-out on the second floor is underway.)

Bates College recently completed a new sports field using modern FieldTurf technology -- artificial grass that is always green and easy to maintain. Bates is also in the process of renovating Hedge Hall and Roger Williams Hall into academic buildings, and also opened a \$30 million dining hall focused on eco-friendly efficiency and design.

Last year, the former Andover College changed its name to Kaplan University, and is experiencing robust growth. Central Maine Community College completed a new 27,000-square-foot residence hall overlooking Lake Auburn and accommodating more than 150 students.

A new brewery is nearly ready for operation at the Bates Mill Complex, where it will offer tours and staff a gift shop. Baxter Brewing Company is a micro craft brewery which will be the first in Maine to produce all of its microbrews in cans. The company will begin to distribute its craft beers state-wide this year, and distribute across northern New England in the near future.

More restaurants continue to color L-A's diverse mix of eateries. Pedro O'Hara's, located in the space formerly occupied by Espo's, offers a funky mix of Irish, Mexican, and American food in a casual atmosphere. Besides an eclectic menu, the restaurant, located on Main Street in Lewiston near the Great Falls, includes a lounge and banquet space.

Successful restaurateur and entrepreneur Eric Agren opened the doors of his highly-anticipated lunch spot on 40 Lisbon Street called Marché, located in downtown Lewiston. Agren created a mixed-use building consisting of a high-end residence on the second floor with the restaurant on the first. This mirrors the model he created with his successful Fuel restaurant across the street, which also includes a beautifully renovated and spacious loft apartment upstairs.

The 40-seat Marché is a luncheon with a 30-bottle wine list, beers, and a one-night-a-week dinner called "Monday Night Supper" with four courses.

Hacienda del Patron opened a new, authentic Mexican Restaurant in the Lewiston Mall area and frequently features strolling musicians to add even more ambience to the totally renovated space.

The expansion of Auburn's Riverwalk pedestrian path along the Androscoggin River in downtown Auburn is enjoying widespread use as a riverfront oasis where young professionals can take a quick stroll and recharge their batteries. The path extends under the Longley Bridge connecting paths near the Hilton Garden Inn Auburn Riverwatch.

Meanwhile, Museum L-A, which is dedicated to sharing "the story of work and community in Lewiston-Auburn," is actively

involved in a capital campaign to renovate the former Camden Yarns Mill in Lewiston. (The museum is currently housed in the Bates Mill Complex, but recently purchased the Camden Yarns Mill as its future home.) Plans call for the museum to renovate 20,000 square feet of the Camden Mill within five years.

The Franco-American Heritage Center on Cedar Street in Lewiston transformed its lower level into Heritage Hall, a function hall for special events and performances, and also available for rent. The space includes access to an industrial kitchen and bar service. As a cultural gem grounded in history but enhanced and transformed for modern use, the center might be an apt analogy for the L-A community at large.

ECONOMIC DEVELOPMENT ORGANIZATIONS

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Bates Mill Complex

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Community Dynamics Corp

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www.workopportunities.net

Covered Employment and Wage by Industry — 2009 Androscoggin County

Industry	Employers	Average Employment	Average Yearly Wage
Total - All Ownerships	3,058	47,104	\$34,682.00
Natural Resources and Mining	32	353	\$24,804.00
Construction	407	2,147	\$39,767.00
Manufacturing	173	5,255	\$42,323.00
Wholesale Trade	152	1,296	\$39,618.00
Retail Trade	448	6,251	\$23,545.00
Transportation and Warehousing	94	2,116	\$35,598.00
Utilities	4	90	\$64,999.00
Information	31	765	\$40,199.00
Financial Activities	256	3,190	\$38,093.00
Professional and Business Services	413	4,975	\$33,545.00
Education and Health Services	403	10,679	\$42,190.00
Leisure and Hospitality	246	3,480	\$13,833.00
Other Services	246	1,070	\$23,971.00
Total - Federal Gov't	36	360	\$45,298.00
Total - State Gov't	13	613	\$39,303.00
Total - Local Gov't	104	4,466	\$34,392.00

Source: Maine Department of Labor, Division of Labor Market Information Services

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MOVING TO THE AREA



Economic development is one of the area's highest priorities. Local government and development agencies pride themselves on facilitating the approval process for industrial or commercial construction.

Complementing the staffs of various local municipalities, agencies such as the Lewiston-Auburn Economic Growth Council, the Lewiston Development Corporation, the Auburn Business Development Corporation, the Androscoggin Valley Council of Governments, and Coastal Enterprises Inc., work with clients efficiently and cooperatively.

Androscoggin County also has a wide array of residential opportunities, from in-town historic homes to beautiful waterfront properties to rural acreage with incredible views.

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EDUCATIONAL OPPORTUNITIES



Educational opportunities in the Cities of the Androscoggin are plentiful and extend from Head Start and private preschool facilities to the post-secondary school level. Private schools and academies augment the public

school systems. There are eight local institutions of higher learning, including Bates College, one of the finest private four-year liberal arts colleges in the country, The University of Southern Maine at LAC, Andover College, and Central Maine Community College. In addition, business degrees are offered locally by Andover College, and area medical centers support nursing and technological degrees.

Auburn School Department

60 Court Street, PO Box 800, Auburn, ME 04212-0800
Tom Morrill • 207-753-9300 • tmorrill@auburnschl.edu
www.auburnschl.edu

Auburn's school system offers six elementary schools ranging in enrollment from 368 to 502 students. The average student teacher ratio is 20:1. The middle school houses 519 seventh and eighth grade students, while the high school enrollment is 1070 students. Alternative programs are available for students in grades 7-12. In the class of 2006, 41% of Edward Little High School students went on to four-year colleges, 29% went on to two-year colleges and 5% entered military service. Auburn spends \$5,711 per K-8 student and \$7,618 per 9-12 student.

The school department has now opened Park Avenue Elementary School located at 161 Park Avenue. Students and community members who participated in a voting process chose the school name. This school was built to replace the old Lake Street School. Park Avenue Elementary School student enrollment encompasses K-6 grade levels with a campus setting of 10 acres. Currently all Auburn elementary schools house grades K-6. Webster School is no longer being used as an elementary school.

Auburn has invested considerable effort into expanding technology for learning and teaching. Students and teachers are integrating technology into all aspects of the learning process. All buildings are connected to the municipal network and have access to the Internet. Advanced technologies for creating and distributing digital video and multimedia are also available to the staff and students.

Auburn's very successful grant writing is bringing in hundreds of thousands of dollars for innovative programs ranging from family literacy initiatives to the health centers at the middle and high schools, as well as Community Learning Centers at the middle and high school level. Among the many funding sources are the Maine Department of Education, Lowe's Foundation, Maine Department of Human Services, Maine Emergency Management Agency, L/A Fund, JTG Foundation, and Jordan Fundamentals.

Partnerships with state and local organizations, higher education institutions, and governmental agencies are helping the school system to provide unique, cutting edge experiences for students, staff, community members, and parents. This collaborative network enables students to participate in solving real-world problems within their community and state as well as exposes them to appropriate role models and career options.

Auburn Adult and Community Education Programs offer a wide variety of academic, enrichment, career, and vocational training programs.

Bates College

23 Campus Avenue, Lewiston, ME 04240

Dr. Elaine Tuttle Hansen • 207-786-6100 • www.bates.edu

Founded in 1855, Bates is recognized as one of the nation's finest colleges of the liberal arts and sciences. Throughout the history of the college, Bates' graduates have linked education with service, leadership, and obligations beyond themselves. Bates offers a curriculum and faculty that challenge students to develop powers of critical assessment, analysis, expression, aesthetic sensibility, and independent thought.

Bates students work directly with faculty and enjoy a 10:1 student-faculty ratio. The close relationships between students and faculty continue from first year seminars to capstone senior theses. Each summer more than 60 students receive support to pursue faculty-directed research full-time. A Bates education offers excellent preparation for further study and careers. More than two-thirds of recent alumni have earned graduate or professional degrees within 10 years of graduation.

Bates is one of a small number of colleges and universities requiring a senior thesis to complete most majors. The senior thesis is an unusual opportunity for extended, closely guided research and writing, performance, or studio work. The senior thesis allows students to synthesize and integrate the best of what they have learned in their major fields. It is one of the most important means by which students provide evidence they have indeed mastered their subject area. Many students consider the thesis project their most important educational experience. Bates regularly ranks among the top 15 colleges and universities with the highest proportion of its students who study abroad: 64 percent of graduates in the Class of 2004 earned some credit for foreign study. Closer to home, the Harvard Center for Community Partnerships was established at Bates in 2002 to coordinate the college's diverse community-outreach programs.

The Harvard Center leads Bates' efforts in community engagement, including our strong programs in service-learning, community volunteerism, environmental stewardship, and also new initiatives. In the coming year, the center will sponsor visiting speakers, community conversations, grant opportunities, and new project partnerships. The center wants to hear from local residents. Go to 161-163 Wood Street to learn about the many resources that connect the college with the community. When you have ideas that tie a civic or social need to Bates' academic mission, don't hesitate to contact the Harvard Center Director at 786-6202.

As a core part of the Harvard Center, the Service-Learning Program works with faculty and students to link courses and senior projects with opportunities for community-based learning and service; they are also developing long-term projects with Lewiston-Auburn schools, museums, environmental organizations, and other partners.

For more information on the Harvard Center: www.bates.edu/harvard-center.xml.

Influential Bates alumni include Peter J. Gomes, '65, Plummer Professor of Christian Morals and minister of the Memorial Church at Harvard University; Edmond S. Muskie, '36, former Maine governor, U.S. senator, and U.S. Secretary of State; and Dr. Benjamin Elijah Mays '20, former president of Morehouse College and a nationally known civil rights leader whom the Rev. Martin Luther King Jr. once called "my spiritual mentor and my intellectual father."

Central Maine Christian Academy

390 Main Street, Lewiston, ME 04240

Patricia St. Hilaire • 207-777-0007

Central Maine Christian Academy is a state-approved Christian school organized over 20 years ago with the purpose of teaching students biblical values in addition to their basic academic studies. The Academy has students in preschool-12th grade. The Academy is a member of the Association of Christian Schools International, and the head teachers of each classroom hold state certifications. A

EDUCATIONAL OPPORTUNITIES

traditional classroom curriculum of ABEKA, BCE, ASCI, and other Christian publishers is used at each level. Extracurricular activities include volleyball and basketball teams, community service groups, drama programs, and other activities.

Central Maine Community College

1250 Turner Street, Auburn, ME 04210 • www.cmcc.edu

Dr. Scott Knapp • 207-755-5100 • F-207-755-5491 • www.cmcc.edu

Located on the shores of Lake Auburn, Central Maine Community College (CMCC) is a comprehensive, public two-year college that provides quality, accessible education and lifelong learning opportunities. The College delivers career and technical degree programs; education for transfer to baccalaureate programs; and services to support economic development and community vitality. CMCC boasts over two dozen programs of study, with many areas of specialization and concentrations within majors. The College offers associate degrees in popular fields such as business administration, nursing, criminal justice, and medical assisting. Technical programs include automotive, computer, building, electromechanical, graphic communications, and precision machining. For students who hope to transfer to a four-year college or university, associate in arts degrees in either general or liberal studies are offered to provide the first two years of a baccalaureate degree program.

While the College enrolls almost 3,000 full and part-time students, very few classes exceed 25. On-campus residence halls can accommodate 250 students, and other facilities include modern classrooms and computer labs, dining commons, learning and advising center, 240-seat auditorium, gymnasium, and a new fitness center. Student activities include intramural and intercollegiate athletic teams and a large number of student organizations.

In addition to the main campus in Auburn, the College has a center in Oxford and Lincoln Counties and also delivers courses in Franklin County. CMCC's Corporate and Community Services Department offers continuing education (non-credit courses) and works with the local business community to develop customized training and certification programs. CMCC is accredited by the New England Association of Schools and Colleges.

Central Maine Medical Center School of Nursing/ Clark F. Miller School of Radiologic Technology and School of Nuclear Medicine Technology at Central Maine Medical Center

70 Middle Street, Lewiston, ME 04240 • www.cmmc.org

Judy Ripley • 207-795-5974 • Heather Poulin • 207-795-5956

The Clark F. Miller School of Radiologic Technology and School of Nuclear Medicine Technology at Central Maine Medical Center offer challenging and rewarding career opportunities for motivated individuals in the fields of radiologic technology (X-ray) and nuclear medicine technology. Both schools are fully accredited by the Joint Review Committee on Education. The CMMC College of Nursing and Health Professions offers a two-year associate degree program in radiologic technology. CMMC also offers a one-year program of advanced studies for radiographers or associate – prepared students in nuclear medicine technology.

Community School District #915, Union #44

971 Gardiner Road, Wales, ME 04280

207-375-4273 • F-207-375-2522 • www.schoolunion44.org

Elementary schools in Litchfield, Sabattus, and Wales, together with Oak Hill High School (CSD #915), form School Union #44. The current enrollment of the K-2 Libby-Tozier School in Litchfield is 140, and the 3-8 Carrie Ricker School is 206. The K-2 Sabattus Primary School has a current enrollment of 145, and Sabattus Central School has a current enrollment of 339. The K-8 Wales Central School has 166. Oak Hill High School currently has 519 students. Per-

pupil expenditures are as follows: Litchfield, \$10,023.56; Sabattus, \$8,748.38; Wales, \$9,043.76 and Oak Hill High School, \$8,923.24. The new Sabattus Central School for Grades 3-8 opened in September 2004 with a renovated K-2 Primary School. Sabattus now has up-to-date facilities for all students.

Hebron Academy

PO Box 309 • 339 Paris Road, Hebron, ME 04238

John J. King, Head of School • 207-966-5255

www.hebronacademy.org

Hebron Academy, located 20 minutes from Lewiston/Auburn in Hebron, Maine, offers a friendly, supportive, family atmosphere where students are inspired to reach their highest potential in mind, body and spirit through a balance of opportunities in academics, arts, and athletics. Hebron is known for developing critical thinking and communication skills to prepare students for college and beyond. Offering AP and Honors courses, excellent college placement, structure and accountability to high standards, and, a strong ESL program, students from diverse backgrounds find success beyond their expectations at Hebron Academy.

Kaplan University

Southern Gateway, Lisbon St, Lewiston • Western Ave, S Portland

Matthew Cote • 207-513-3660

<http://lewiston.kaplanuniversity.edu>

Serving more than 1,300 students, the Kaplan University Lewiston and South Portland campuses have historical roots that go back more than 140 years in helping Maine residents attain their educational goals. At Kaplan University's Maine campuses, students have the opportunity to choose from several different programs in fields including allied health, business, criminal justice, education and legal studies. In 2004, a branch campus of Kaplan University's South Portland campus (then known as Andover College) opened in Lewiston, Maine.

Kaplan University, established in 1937, is based in Davenport, Iowa



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EDUCATIONAL OPPORTUNITIES

and regionally accredited by the Higher Learning Commission (HLC) and is a member of the North Central Association of Colleges and Schools (NCA). Currently, Kaplan University has more than 125 academic programs with more than 78,000 online and campus based students, and joins the ranks of the largest universities in the United States.

Both Maine campuses have up-to-date technology and facilities including wireless internet, online classes, an all-digital phone system, simulated patient rooms and clinical labs, a firearms simulation lab, an Academic Assistance Center, and on-line library resources.

Scheduling has become a hallmark of the Kaplan experience. New students can start school every ten weeks at different times during the year.

The university's unique modular scheduling allows students to concentrate on just a few subjects in each term (ten-week period), providing ample time for study and outside activities and responsibilities. Both day and evening schedules allow most students to work full-time and part-time jobs and still finish their degrees in two years or less.

To effectively make the school-to-work transition and prepare for an ever changing workplace, all Kaplan University graduates are entitled to job placement services which include job search strategy sessions, resume preparation, interviewing techniques, a database of job leads, and one-on-one counseling.

Kaplan University's Maine campuses have a strong commitment to making contributions to the communities it serves. All students are encouraged to participate in the nationally recognized Service Learning program which incorporates community service projects into the educational experience. Each year staff, faculty, and students raise funds for the United Way and for other individual non-profit agencies such as the Good Shepherd Food Bank, the Patrick Dempsey Center for Cancer Hope & Healing, the American Lung Association, the Maine Children's Cancer Fund, and Day One Treatment Centers.

Lewiston Public Schools

36 Oak Street, Lewiston, ME 04240

Bill Webster • 207-795-4100

superintendent@lewnet.avcnet.org • www.lewiston.k12.me.us

The Lewiston public school system has an enrollment of 4,600 students and an operating budget of almost \$39 million. Six K-6 elementary schools educate from 255 to 875 students each. The kindergarten student-teacher ratio is 20:1; in grades 1-6, the classroom student-teacher ratio is 21:1. Lewiston Middle School educates 720 students in grades 7-8, while Lewiston High School serves over 1,380 students in grades 9-12. The Lewiston School Department has a long-standing cooperative working relationship with Jobs for Maine Graduates and operates the most comprehensive 7-12 student program in the state. Lewiston students score at national and state averages on the Maine Educational Assessment. More than 80% of Lewiston High's graduates enroll in postsecondary education. The Lewiston Regional Technical Center (LRTC) serves 850 students from six area high schools with 28 vocational programs. LRTC is nationally recognized for its school-to-work efforts, its contemporary approach, and its partnerships with business and industry. More than fifty percent of LRTC graduates have completed two- or four-year college degree programs. Seventy percent of LRTC graduates are working full-time in the vocational/technical area they were trained in while at the Center. Lewiston Adult Education provides hundreds of convenient learning opportunities in a comfortable, supportive environment so that learning something new is always enjoyable. The Lewiston school system has active partnerships with area businesses through the Adopt-A-School Program. An enthusiastic collaboration with the Bates Service Learning Center provides educational support in which college students contribute many hours of their time partnered with elementary students in support of classroom instruction. Lewiston schools are committed to developing lifelong learners who value themselves and others, contribute to their community, and succeed in a changing world.

Lisbon School Department

19 Gartley Street, Lisbon, ME 04250 • www.lisbonschoolsme.org

Richard A. Green • rgreen@lisbonschoolsme.org

207-353-6711 • F-207-353-3032

Lisbon, nestled in the picturesque corridor along the Androscoggin River is a proud community of a diversified population base. The town, settled in 1628, was second to Lewiston with manufacturing opportunities. Today, town people from all walks of life, pride themselves on their community and its students' accomplishments. Lisbon public schools are located in the third largest community of the fourteen counties in Androscoggin County. The Lisbon School Department is comprised of Lisbon Community School, Philip W. Sugg Middle School and Lisbon High School.

Lisbon Community School has an enrollment of 606 students with a staff of 107. Teacher ratio averages 20:1. The state-of-the-art facility features an extensive library, computer lab, and foreign language instruction, a regulation size gymnasium complete with a rock climbing wall, a Discovery Room for Science, a Multi-Media Room and a multi-functional Cafetorium. Philip W. Sugg Middle School's enrollment is 291 students with a staff of 45. Teacher ratio averages 25:1. Middle school students participate in the Maine Learning Technology Initiative (MLTI) program. Laptops provide students in the seventh and eighth grades unlimited learning opportunities with technology interrogation by learning multi-media applications and creating digital video stories. Teachers and students build technology driven projects connecting content areas of learning. Sixth grade students were also provided laptops this year making PWS students 1:1 with computer networks. Lisbon High School student population is 441 and supports a staff of 73. The school building recently refurbished the main entrance area, classrooms, art rooms, wellness and fitness areas,



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EDUCATIONAL OPPORTUNITIES

conference rooms and offices. Students are offered numerous opportunities for enhancing their educational experience through technology with the Virtual High School. Alternative Education and Adult Education classes in Lisbon provide a progressive learning environment in a non-traditional classroom environment and setting.

Lisbon School Department personnel pride themselves on concentrating efforts and working together to establish connections in the community. Over 800 trained volunteers have assisted as book buddies, tutors, classroom aides, on field trips, with home projects, baking and numerous other capacities. Thanks to the parent organizations, our partnerships with local businesses in the Lisbon and surrounding communities, our students and their families have opportunities for family-oriented events throughout each school year. Last year the cost per Lisbon student was \$8875 for Elementary students and \$9806 for secondary students.

Regional School Unit #36

9 Cedar Street, Livermore Falls, ME 04254

Judith Harvey • 207-897-6722 • F-207-897-2362

msad36so@sad36.org • www.sad36.org

Regional School Unit #36 is comprised of the towns of Livermore and Livermore Falls along with tuition students from Fayette grades 6-12. The Livermore Elementary School enrollment is approximately 435 students grades Pre K-5 with an all day Kindergarten program. The LES is accredited by the New England Association of Schools and Colleges. The enrollment at the middle school is approximately 225, including tuition students from Fayette. The middle school houses students in grades 6 through 8.

Livermore Falls High School serves close to 350 students and is a class C school in the Mountain Valley Conference. The school offers traditional courses like English, social studies, math, and science as well as a variety of electives. Students may challenge themselves in the many honors and six College Board – approve Advances Placement Courses. All students are placed in advisors groups. Beyond the classroom LFHS offers a variety of athletic and non-athletic co-curricular programs. Livermore Falls High School is accredited by the New England Association of Schools and Colleges.

MSAD #36 offers a comprehensive adult education program with classes at the Cedar Street Learning Complex. Offerings include University ITV courses, high school completion program, adult basic education and computer classes, and E=GED preparation and examinations.

School Administrative District #52

486 Turner Center Road, Turner, ME 04282

Darleen Burdin • 207-225-3795 • F-207-225-5608

dburdin@msad52.k12.me.us • www.msad52.k12.me.us

Turner, Greene, and Leeds comprise School Administrative District #52. The district has four elementary schools: Turner Primary, K-3, enrolls 282; Turner Elementary, grades 4-6, enrolls 245; Greene Central, K-6, enrolls 370; and Leeds Central, K-6, enrolls 170. The elementary student-teacher ratio is 16-18:1. All seventh and eighth graders attend Tripp Middle School in Turner. Tripp enrolls 340 and has a student-teacher ratio of 19:1. All district secondary students attend Leavitt Area High School in Turner, which enrolls 707 and has an 18:1 student-teacher ratio. Alternative programs are also available through the River Valley Alternative Program, which enrolls 46 students. The District's K-8 average per pupil operating cost for 2004-2005 was \$5,279 and for grades 9-12, \$6,082. In 2005, eighty percent of Leavitt's graduates went on to higher education.

School Union #29

24 Elm Street, Mechanic Falls, ME 04256

Nina Schlikin • 207-346-6221 • F-207-346-6222

www.poland-hs.u29.k12.me.us/union29/union29

The towns of Mechanic Falls, Minot, and Poland are served administratively by Union #29. The Union has the following schools: Minot Consolidated School, grades K-8; Elm Street School in Mechanic Falls, grades K-8; Poland Community School, grades K-6; Bruce M. Whittier Middle School in Poland, grades 7 & 8; Poland Regional High School, grades 9-12 and the Bakerstown Alternative Education Program for grades 9-12. Under a contractual agreement, 90% of secondary school students from grades 9-12 in Minot and Mechanic Falls attend Poland Regional High School, while 10% of those students have school choice option. Student-teacher ratios range from 14.6:1 at the Minot Consolidated School to 11.5:1 at the Elm Street School in Mechanic Falls. Resident per-pupil operating expenditures 2005-06 were, at the elementary school level, Minot, \$5,924, Poland, \$8,099, Mechanic Falls, \$8,044 and at the high school level (Poland Regional High School) \$13,907.

St. Dominic Academy

Donald Fournier, Principal • Admissions: 207-782-6911 ext 2110

F-207-795-6439 • www.St-Dominic.net

Grades Pre-K – 6: 17 Baird Ave, Lewiston, ME 04240

Grades 7 – 12: 121 Gracelawn Road, Auburn, ME 04210

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Contact our admissions office to schedule a visit and view our website for more information on how St. Dom's will provide the education your child deserves in a loving and supportive environment.

Southern New Hampshire University

10 Tibbetts Drive, Cook's Corner, Brunswick, ME 04011

Bo Yerxa, Center Director • 207-725-6486 • 800-427-9238

www.snhu.edu/336asp

Since 1967, Southern New Hampshire University (SNHU) has served over 9000 residents of the Androscoggin Valley from its Center in Brunswick, offering quality, accessible, cost-effective degree and certificate programs in business, management and liberal arts. One of the region's best-kept secrets, SNHU's Maine Center for Continuing Education offers 22 degrees and certificates, available through evening and weekend courses featuring face-to-face classroom instruction by highly qualified faculty, on-site at its 15,000 square foot modern facility at Cook's Corner. SNHU's unique 8-week undergraduate term structure allows rapid progress towards educational goals, allowing someone starting with no prior credits to attend classes 2 nights a week and earn a B.A. or B.S. in about three years. The University is extremely "transfer-friendly," and all SNHU students attending the

EDUCATIONAL OPPORTUNITIES

Maine Center receive substantial tuition discounts, making SNHU as affordable as Maine's public universities.

Program offerings include associate degrees in Liberal Arts, Accounting, and Business Administration. Available Bachelor of Science programs include Accounting, Business Admin, and Business Studies (with a variety of concentrations, including Small Business Management), as well as a unique B.S. in Technical Management designed for individuals seeking to add business skills to their technical/trades associate degree. Bachelor of Arts majors available include English Language & Literature, Social Sciences and Psychology, the latter offering a concentration in Child & Adolescent Development. Additional undergraduate majors can be completed via a combination of live classes at the Maine Center and SNHU's Online Division.

Graduate programs fully offered in Maine include SNHU's Global Master of Business Administration, and a Master of Science in Organizational Leadership. The Center also offers Graduate Certificates in Human Resource Management, Marketing, Training & Development, and Leadership of Nonprofit Organizations, all designed to "dovetail" into one of our masters degrees. For example, an individual earning the certificate in nonprofit leadership can choose to apply those credits towards either an MBA or the M.S. in Organizational Leadership, thereby completing a graduate degree with as few as 6 additional courses. New for Spring/Summer of 2010 is an M.S. in Community Mental Health, a one-weekend-a-month 42-credit program that has received national recognition for its interdisciplinary, multicultural, competency-based curriculum.

Southern New Hampshire University is a private postsecondary institution, based on its 300 acre main campus in Manchester, NH. SNHU is fully and appropriately accredited, and offers more than 100 degree and certificate programs, including doctorates in Business and Community Economic Development. Nearly half of its 6500 students are working adults attending university part-time through its Online Division, an International Center, or one of its New England-based Continuing Education Centers.

University of Southern Maine/ Lewiston-Auburn College

51 Westminster Street, Lewiston, ME 04240

207-753-6500 • www.usm.maine.edu/lac

The University of Southern Maine's Lewiston-Auburn College (USM LAC), offers bachelor and graduate degree programs that include an array of courses, internships, research and community service projects, and study abroad opportunities.

As one of three campuses of the University of Southern Maine, USM LAC provides the intimacy of a small college yet offers access to the resources of the state's regional metropolitan university. Its internationally-recognized faculty teach small classes with lively discussions, and at times that make college accessible. Courses are also offered entirely online or in blended format (meeting in person sometimes and online at other times).

USM LAC plays an especially distinctive role in addressing the higher education needs of Androscoggin County through its broad-based interdisciplinary undergraduate majors: Arts & Humanities, Leadership & Organizational Studies, Natural & Applied Sciences, and Social & Behavioral Sciences. These academic specialties, together with a nationally-recognized core curriculum taken by students in every major, help students think, problem-solve, and communicate across as well as within disciplines – skills that are essential in the 21st century.

At the same time, USM LAC offers three additional baccalaureate programs as extension programs from other USM campuses. A major in Industrial Technology is extended from USM's School of Applied Science, Engineering, and Technology, while USM's College of Nursing and Health Professions offers both a Nursing BS degree and an RN to BS Nursing option.

The Lewiston-Auburn campus has also been responsive to the need

for graduate education programs in central Maine. The Masters in Occupational Therapy and Leadership Studies programs have established national and international reputations for excellence, and make significant contributions to the local community. Certificate programs are available in the Leadership Studies program.

In addition to curricular offerings, USM LAC enjoys a close mutual relationship with its community. Each year hundreds of students undertake service learning projects in conjunction with organizations throughout the region. USM LAC is a founding member of the Downtown Education Collaborative (DEC), which unites seven educational and community partners in community-based educational work in and with Lewiston's underserved downtown neighborhood. And in the new LearningWorks facility on campus, USM LAC houses College for ME-Androscoggin, a collaborative of nearly 40 other education as well as business, community, and economic development partners working to double the number of college-educated citizens in Androscoggin County. In addition to assessment, advising, and research supporting college readiness and college degree attainment across Androscoggin County,

University of Southern Maine Lewiston-Auburn College

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- Online courses
- Study abroad experiences
- Internships and applied research opportunities

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EDUCATIONAL OPPORTUNITIES

LearningWorks houses USM LAC's writing and math tutoring, Senior College, and several state-of-the-art classrooms (which may be rented by off-campus groups for meetings or video conferencing). A highlight for many who visit USM's Lewiston-Auburn campus for the first time is the opportunity to view two outstanding community treasures: the Atrium Gallery and the Franco-American Collection. These beautiful community resources also provide students with daily exposure to the rich contributions by artists and local citizens to the culture and aesthetics of the region and state.

USM LAC is ever mindful of its mission to be a national leader in interdisciplinary education, serve as a resource to the wider community, and provide an outstanding educational experience for students. With more than 1,000 graduates, we continue to ensure that our degree programs are responsive to changing cultural and workplace demands, our campus is inviting, and our faculty and staff are both readily available and committed to the success of each student.

Vineyard Christian School

9 Foss Road, Lewiston, ME 04240 • 207-784-9500

www.vineyardschool.net • vineyardschool@adelphia.net

The Vineyard Christian School was founded in August 2000 with a vision to be a place not only to educate students academically, but to educate the whole person, preparing students for tests of the mind, body and spirit. Their goal is to equip students for the challenges they will face not only in the classroom, but in life as well.

VCS is currently educating 145 children from preschool through grade 12. Students from VCS have gone on to public and private colleges around the country and teachers, staff, students, and parents work together to foster a sense of community. We are members of the Association of Christian Schools International. This membership allows us to benefit from professional resources and training to constantly improve our development. VCS recently added a soccer field and currently offers soccer, basketball and baseball. VCS strives to provide excellence in education while at the same time endeavoring to find each student's unique gift.

Southern New Hampshire University SNHU Maine



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Career Center Services



- Business Services
- Workshops
- Training Assistance
- Career Assessment
- Layoff Assistance
- Job Registration
- Information Center

Wilton - 865 US Route 2E

* **South Paris** - 232 Main St.
Phone: 1-800-982-4311

Phone: 1-877-237-6171

Rumford - 60 Lowell St.
Phone: 1-877-421-7915

* **Lewiston** - 5 Mollison Way
Phone: 1-800-741-2991

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- Fire Risk Assessments & Safety Education.
- Partnership with Elder Service Providers

FMI Call 1-800-645-9636

www.wmca.org

Health Services

- Family Planning & STD Testing
- Reproductive Health Care
- Outright Lewiston/Auburn

STD Clinic & Testing 795-4019
Farmington Clinic 1-800-587-9346
Lewiston Clinic 1-800-587-9354
Rumford Clinic 1-800-364-9461
Norway Clinic 1-800-524-8066
Porter Clinic 1-207-625-8126



Nutrition Services

- Child Care Food Program
- Reimbursement to Day Care Providers for Healthy Meals
- WIC Nutrition Program
- Nutritious Foods
 - Health Information and Referrals
 - Breastfeeding Education & Support

WIC Androscoggin & So. Oxford County
1-877-512-8856
WIC Franklin & Northern Oxford County
1-800-645-9636
CCFP - Franklin County
1-800-645-9636 x5272



1-800-645-9636

Community Services

The Volunteer Program provides outreach, education & administrative support to the entire agency. Volunteering can strengthen your community & your family. In addition to volunteer opportunities, Community Services provides the following throughout Greater Franklin County



- Operation Santa Claus
- LHEAP
- Seeds of Life
- Food Pantries
- Tax Assistance Program
- Family Development Accounts

FMI or to volunteer call CSFP 1-800-645-9636

Housing & Energy Services

We offer many services in Franklin County, including but not limited to:

- Home Energy Audits
- Central Heating Improvement
- CMP Line Extension
- Appliance Replacement Program
- 1% Septic System Loans
- Home Repair Loans
- Energy Education
- Elderly Hardship Grants



FMI call 1-800-645-9636



Lewiston-Auburn's health care industry is truly one of the area's centers of excellence. Anchored by two of the state's finest hospitals — Central Maine Medical Center and St. Mary's Regional Medical Center — the health care industry is the area's largest, employing more than 7,000 people. Maine's second largest metropolitan area is also home to Androscoggin Home Care and Hospice, a network of home health care providers throughout western and central Maine providing competent nurses and health care providers catering to many of the state's elderly and shut-ins.

Androscoggin Home Care & Hospice (AHCH) is an independent, nonprofit agency providing skilled home care, supportive care, hospice care, and Lifeline personal response services for residents of more than 100 central and western Maine communities.

In 2007, our home-based care services helped nearly 8,400 patients and their families achieve their goals for health, independence, and quality of life. The agency proudly opened Maine's first inpatient hospice facility in November 2005.

Generous community and donor support makes it possible for us to provide skilled care to patients and families regardless of their ability to pay. Gifts to the AHCH Foundation are welcome at any time.

AHCH meets all state home care, hospice and licensing standards and is accredited by the Joint Commission on Accreditation of Healthcare Organizations. Learn more about our services by calling 1-800-482-7412 or by visiting our Website, ahch.org.

The Center for Community Dental Health (CCDH) is a private, non-profit United Way agency that provides dental services to all comers but primarily to those of low income or eligible for Medicaid. The dentists, hygienists, assistants, and other caring professional CCDH staff provide examinations, x-rays, cleanings, restorations, and emergency care. Over the years the Center has expanded their services to include research, community education, and quality dental care to all. Their team of dental educators reaches many, many Maine elementary school children each year, teaching them the dental and nutritional habits that will keep their mouths healthy for a lifetime.

The Central Maine Heart and Vascular Institute (CMHVI) is staffed by a team of physicians, nurses, and other healthcare professionals with years of experience in caring for cardiac patients.

CMHVI provides a comprehensive range of services including prevention and screening programs; adult and pediatric cardiology; diagnostic services; cardiac catheterization; cardiac angioplasty, including drug-eluting stents; cardiac bypass surgery; valve surgery; electrophysiology; minimally invasive thoracic and vascular surgery; rehabilitation; and research. The new, state-of-the-art CMHVI facility features the Single Stay Unit where the care delivery environment is tailored to meet each cardiac patient's needs. Most important, access to advanced cardiac care is now available close to home for the some 400,000 residents of central, western, and mid-coast Maine.

Central Maine Medical Center (CMMC) is a 250-bed regional referral center offering the most comprehensive range of services of any hospital in central, coastal and western Maine. CMMC operates the busiest emergency program in the region and is one of three designated trauma centers in Maine. LifeFlight of Maine, a statewide medical helicopter service, maintains a helicopter and helipad at CMMC. CMMC is the designated regional resource center for emergency preparedness.

CMMC is known for its women's and children's services. More babies are born at its Special Delivery Family Birthing Center than at any other hospital in the region and women have choice of either OB/GYN physicians or midwives. The Neonatal Intermediate Care Unit meets the needs of sick and premature infants. CMMC also offers pediatrics and a pediatric cardiologist.

The Central Maine Fertility Center services are offered in collaboration with Boston IVF. The Sam and Jennie Bennett Breast Care Center offers a full range of diagnostic services, including digital mammography, in a patient-friendly and supportive atmosphere. The Osteoporosis Center provides osteoporosis screening. There is also a Bladder Control Center at 287 Main Street in Lewiston.

CMMC's cancer program serves local patients and patients at outpatient clinics located in Rumford and Bridgton. The hospital's multidisciplinary cancer team is comprised of medical oncologists, radiation oncologists, surgeons, and other healthcare professionals who together provide the highest level of cancer care. The Patrick Dempsey Center for Cancer Hope and Healing opened in 2008. CMMC is also the only hospital in Maine currently offering Intensity Modulated Radiation Therapy, a precise form of treatment that allows for higher doses of radiation and improved cure rates.

The Central Maine Bariatric Surgery program offers both the Roux-en-Y gastric bypass and Lap Band surgery for obese patients.

The Central Maine Medical Group (CMMG) is composed of 325 employed physicians and associated medical staff. These providers are members of the Bridgton Hospital, Central Maine Medical Center, Parkview Adventist Medical Center and the Rumford Hospital Medical Staff. CMMG has offices in nineteen Maine communities with over 75 practice settings.

Central Maine Medical Center College of Nursing and Health Professions is the only hospital-based nursing program in Maine. It is an independent degree-granting institution, a two-year private college accredited by the Maine State Board of Nursing, the National League for Nursing, and the New England Association of Schools and Colleges (NEASC). Graduates receive an Applied Science Degree in Nursing.

Local primary care services (internal medicine or family practice) are easily accessible through our **Physician Referral Line** at (207) 777-8899. The St. Mary's network of providers has practices in convenient locations around the Lewiston-Auburn area. Some of our practices are Federally Qualified Health Centers, offering a discount sliding fee for office visits and other related services.

Central Maine Orthopaedics (CMO): Best in Orthopaedic Care

Founded in 1986 the Central Maine Orthopaedic ambulatory center is one of the largest facilities in New England dedicated to orthopaedics and musculoskeletal disease. Our primary objective, from the start, has been to answer the community need and request for a local orthopaedics center that would eliminate the need to travel to major North American cities, such as Boston or New York for the latest techniques, technology, and care. The CMO Center is a 42,000 square foot state of the art facility located in Auburn, Maine. The Center is anchored on one side by a leading edge physical therapy center and on the other end by a technologically advanced ambulatory surgery center. An imaging center, ambulatory clinic, outreach laboratory and business offices make up the remainder of the CMO Center.

Central Maine Orthopaedic surgeons, physicians and allied health professionals care for all injuries and diseases of the musculoskeletal system. In addition, each orthopaedic surgeon is board certified and CMO provides subspecialty care and clinics in the specific areas of major joint reconstruction, sports medicine, foot, hand, spine, trauma, podiatry, and pain intervention. The CMO Center realizes some 40,000 patient visits annually and performs approximately 2,000 surgeries per year within the CMO ambulatory surgery center and some 2,500 surgeries annually within area hospitals.

www.cmogroup.org

Community Concepts, Inc. offers two health care programs to the community. The Alcohol and Drug Treatment Program offers a wide range of alcohol and substance abuse treatment, while the Transportation Division offers free transportation to any type of medical appointment for MaineCare (formerly Medicaid) recipients.

The Corinne Croteau Lepage Women's Health Pavilion

HEALTH CARE

is home to Women's Health Associates and the Family Birthing Center. Women's Health Associates, a Department of St. Mary's Regional Medical Center, is where a group of specialists care for women in all stages of their adulthood including prenatal, maternity, postpartum, and primary and well-woman care. Our team of certified nurse midwives, ob/gyns, and urogynecologist, provide women with relief from heavy or painful periods. Our newest specialty, urogynecology, draws women from around the state who are seeking relief from bladder dysfunction and prolapse issues. Patients also have access to a psychiatric nurse practitioner who will monitor their medications and offer counseling and emotional support, including assistance with postpartum depression, if needed.

The Pavilion's Family Birthing Center offers the comforts of home during labor, delivery, and postpartum care. The serene environment, state-of-the-art technology, and caring staff have earned the Center a reputation for exceptional care that draws women from all over southern and central Maine. The Center also offers birthing classes so soon-to-be parents can explore all the options available to them, including waterbirth, hypnobirthing, and calm birthing. Parenting and infant CPR/first aid classes are available as well. For more information, please visit www.stmarysmaine.com.

The D.F.D. Russell Medical Centers, with locations in Leeds, Monmouth, and Turner, offers a full range of family medical services, including obstetrics and family planning. The current staff includes five board-certified family physicians, three certified nurse practitioners, a physician's assistant, three behavioral health counselors, and a certified nurse midwife who are employed by the center. Services are provided on a sliding fee scale to patients who qualify. Patients of the health center also have access to low cost pharmaceuticals.

Goodwill Industries of Northern New England has a 75-year history of providing innovative services that help individuals with disabilities or other barriers achieve social and economic independence. Goodwill supports individuals through our development disability services, deaf services and brain injury programs. We also provide job training and placement for job seekers of all ages, are active in Americorps, and serve low income older workers. Last year, Goodwill helped 5,067 individuals with education, job training, and support services so they can become independent self-supporting citizens. Our programs are funded by revenue from our 25 retail stores, grants, fees, and financial gifts. Please visit www.goodwillnne.org for more information.

Orthopaedic Institute of Central Maine (OICM) Central Maine Orthopaedics and Central Maine Medical Center have developed an orthopaedic care facility for inpatients unlike any other in Maine. It is the Orthopaedic Institute of Central Maine (OICM). The OICM offers a comprehensive approach to care for orthopaedic inpatients. This care is provided through highly trained, board-certified and fellowship trained orthopaedic specialists complimented by a dedicated multidisciplinary team of specialty trained allied health professionals. This team of professionals is managed by CMO and provides a complete range of clinical, surgical and ancillary support services modeled for patient centered care within a 9,200 square foot dedicated environment constructed specifically for the orthopaedic patient. The unit also houses a convenient physical therapy unit to provide comprehensive rehabilitation services supporting the team approach to care. Moreover, the unit was architecturally designed to help de-institutionalize the patient experience through a hospitality aesthetic and prudent architectural flow. At the same time design considerations included appropriate and leading edge ergonomic models to enhance orthopaedic patient care service delivery and to expedite recovery.

St. Mary's d'Youville Pavilion (formerly St. Marguerite d'Youville Pavilion) focuses on three distinct areas of care to residents and patients. The first is long-term residential care which offers daily nursing care, social activities, and pastoral services to provide individualized care to residents. The second is Marguerite's Garden, a "secure unit" to help meet the special needs of men and women living with Alzheimer's and other related dementias. Dedicated staff validate residents' feelings as they enter their reality, while providing a safe environment.

The last core area at d'Youville Pavilion is the Rehab Center. The Center fills the gap between a hospital stay and home care. After a hospital stay a patient may often require additional therapy or education related to specific illnesses, care, or medications before going home. The Rehab Center offers the care and support needed in a rehabilitative setting. Here physicians, therapists, nursing staff, social services, and dietary staff work together to meet the challenges that frequently accompany illness and or injuries.

St. Mary's Auburn Campus: This new medical office building at 15 Gracelawn Road in Auburn provides one location for an array of services to adults who need prevention, diagnostic, and treatment options for common medical conditions. Located within the campus are:

Auburn Medical Associates (207) 330-3950

An internal medicine practice with three physicians sharing a special interest in adult medical care.

St. Mary's Convenient Care (207) 330-3900

When your doctor's office is closed, our care team will provide treatment and get you back home quickly. We have morning, evening, and weekend hours.

Center for Diabetes and Endocrinology (207) 777-8625

An important resource for education and treatment services to help manage your diabetes or thyroid/endocrinology related issues.

WorkMed Occupational Health Services (207) 753-3080

Experts design and implement employer occupational health programs. We evaluate existing employer efforts to find areas that can be modified to reduce costs, reduce injuries, and improve employee health.

Center for Physical Rehabilitation (207) 753-3070

Provides physical, occupational, and speech therapy services to maximize your function, alleviate symptoms, and educate you about preventing injury or illness.

Center for Sleep Disorders (207) 330-3930

If you find you're tired all the time, our dream team of sleep specialists can help you get the restorative rest you deserve and your body requires, so you can lead a happier, more productive life.

Cardiopulmonary Rehabilitation (207) 753-4554

Comprehensive care to individuals who have recently experienced a cardiac event or who have chronic obstructive pulmonary disease (COPD) and other chronic lung disorders.

For more information, please visit www.stmarysmaine.com

St. Mary's Regional Medical Center is a 233-bed acute care hospital that brings the best of medical technology, preventive services, and patient- and family-centered care to central Maine.

The hospital is home to a newly renovated and expanded **Emergency Department** and several specialized areas, including the **Center for Joint Replacement**, the **Center for Cancer and Blood Disorders**, and the **Center for Hyperbaric and Wound Care**.

The newly expanded and renovated Emergency Department, an accredited Chest Pain Center, provides the highest level of care in one of the most private emergency environments in the state. The department boasts all private rooms large enough to accommodate a patient's family members or loved ones. The expanded room size also allows for more information technology to be placed at the bedside. Additionally, medical emergency and behavioral treatment areas have been separated, allowing patients to get the treatment they need in a safe and comfortable environment, while maintaining their dignity. Another recent addition to the hospital is St. Mary's **Center for Joint Replacement**. It is the first center in Maine to focus solely on hip and knee replacement surgery and recovery. Former joint replacement patients played an integral role in designing the Center and planning the way we deliver care. All rooms are private and equipped with comfortable bedding for patients and their families,

HEALTH CARE

flat screen TVs, wireless Internet access, and furniture designed specifically for joint replacement patients. The Center also boasts a therapy gym complete with a training kitchen, restroom, stairs, curb, and bed so patients are better prepared when they return home. At **St. Mary's Center for Cancer and Blood Disorders**, your care is our concern. This fully-accredited Center is home to a team of physicians, nurses, pharmacists, nutritionist, oncology social worker, exercise physiologists, and pastoral care providers who specialize in caring for people living with cancer. Our physicians are boarded certified in Oncology, Hematology, and Internal Medicine. Our nurses received additional training through the Oncology Nursing Society to treat the unique needs of people with cancer. You may tap in to the latest information describing treatments, modalities, and other topics related to cancer and blood disorders at the Cancer Resource Center, conveniently located within the Center for Cancer and Blood Disorders.

St. Mary's Center for Hyperbaric and Wound Care has three of only seven hyperbaric chambers in Maine. The special center is made up of a group of professionals who work as a team to give you comprehensive treatments for wound healing. The doctors are board certified and the nurses have undergone special training in wound care and hyperbarics. The hyperbaric chamber can be used to treat chronic wounds, traumatic wounds, non-healing diabetic wounds, pressure ulcers, arterial ulcers, burns, complex soft tissue wounds and infections, gangrene, osteomyelitis, and wounds that fail to respond to conventional therapy. Please visit www.stmarysmaine.com to learn more.

St. Mary's Residences (formerly Maison Marcotte) consists of 128 private apartments reserved exclusively for the elderly and/or handicapped. Our housing gives seniors the opportunity to combine independent living with support services. Residents are offered assistance in dealing with outside agencies, when necessary, through the community's Director. St. Mary's Residences is conveniently

located near St. Mary's Regional Medical Center, numerous physicians' practices, and a pharmacy.

The Sexual Assault Crisis Center (SACC) provides support and assistance to people affected by sexual assault, sexual abuse, and sexual harassment. Services include a 24-hour hot line; crisis intervention and follow-up support; in-person accompaniment after a sexual assault to the hospital, the police station, and court; and information and referrals. Services for adolescents are available through the Drop In Program at area high schools. SACC provides community education, training for professionals who work with victims and survivors, and in-school awareness and prevention programs. They also provide sexual harassment training for businesses, schools, and other organizations.

Tri-County Health Services (TCHS) is the Family Planning & Reproductive Health Program of Western Maine Community Action. TCHS provides confidential reproductive health services to women and men, regardless of income, in four area offices in Auburn, Norway, Farmington, and Rumford. Day and evening appointments are available. Services include: routine physicals including breast & pelvic exams and pap smears; birth control; pregnancy testing; options counseling; treatment of common gynecological problems; sexually transmitted infection (STI) testing and treatment; midlife/menopause services; and walk-in teen family-planning clinics. STD Clinic offers diagnosis, treatment, education, and counseling for sexually transmitted infections, HIV counseling and testing (anonymous and confidential), and free Hepatitis C testing for those who qualify. Health educators work with schools assisting teachers with subjects related to family life education including: reproductive and sexual health; puberty; HIV/AIDS; pregnancy and parenting; talking with children about sexuality; communication skills; relationship issues; and sexual harassment. For more info, log on to www.wmca.org/Frames_health.htm.

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HEALTH CARE

Tri-County Mental Health Services is a vital part of the healthcare system in Androscoggin County, and reaches into a vast region of Maine. More than 10,000 people rely on our programs and services in an area that includes some of the most urban areas (Lewiston/Auburn) to some of the most rural and isolated communities of the western mountain region. Our clinics in Rumford, Oxford, Bridgton, Lewiston, Windham and Farmington are the base for many of our services, and we also reach into homes, schools, hospitals, businesses and other community locations. Services include Outpatient Counseling, Case Management, Substance Abuse Treatment, Groups, Medication Management, Residential Programs, Day Services for people with intellectual and development disabilities and autism, Crisis Services available 24/7, Crisis Stabilization, Residential Programs providing supported and independent living environments, and more. The agency is proud to be an innovator and leader in developing the latest and most effective treatments to the state, such as Integrated Primary Care and a variety of evidence-based practices.

The first federally designated community mental health center in Maine, TCMHS has been serving Maine people for more than 55 years. Our mission is to provide the people of Maine with excellence in mental health, substance abuse, habilitation and life skills services, to respect consumer rights and personal dignity, and to maintain agency financial stability. Today, the agency employs approximately 500 people has an operating budget over \$22 million, and looks with pride and progress toward the next generation of caring for our communities.

The underlying philosophy in all of our work is a trauma-informed and recovery-based approach, which is guided by clinical principles of recovery, evidence-based treatment, and an understanding of the impact of trauma and violence on the lives of the people who rely on our services. Tri-County is a state and national leader in this approach to care, which goes beyond behavior change to the acknowledgement

and healing of underlying trauma – whether it stems from abuse, neglect, violence, grief, accidents, or natural disasters. For more information, visit our web site at www.tcmhs.org or call our referral line at 1-888-304-HOPE(4673).

The **Women's Imaging Center** at St. Mary's Regional Medical Center is home to some of the most innovative technology for women. The Center offers the latest in digital mammography and breast MRI services, providing clear, accurate results for better detection and diagnosis of breast abnormalities. The Center is equipped with a prone stereotactic biopsy table for performing minimally invasive breast biopsy procedures while a woman is lying down. St. Mary's Radiology is just down the hall and provides high tech image-guided procedures specific to women, including uterine fibroid embolization and endometrial ablation. Both outpatient procedures are promising alternatives to a hysterectomy for many women.

WorkMed Occupational Health Services is dedicated to treating and preventing work-related injuries and illnesses. WorkMed offers pre-employment evaluations, physical therapy, OSHA consultation, and many other services to businesses throughout Maine. WorkMed's new Auburn location at 15 Gracelawn Road offers convenient parking with enough space for big trucks. Besides the ample parking, the new space provides a number of additional conveniences, including: enhanced space for pre-placement exams and other employer services; newly equipped exam rooms; a new electronic medical record system with improved reports on employee conditions; a brand new radiology suite with enhanced quality; a rehabilitation gym; an onsite adult medicine practice; and Convenient Care, offering sick call, morning, evening, weekend, and holiday hours for individuals who don't quite need the resources of a hospital Emergency Department.

For more information, please visit www.stmarysmaine.com.

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PLACES TO STAY - HOTELS, MOTELS & INNS

I = Inside
O = Outside
N = No
Y = Yes

From large hotels to quaint bed and breakfasts, Androscoggin County offers clean, comfortable lodging so visitors can spend more time enjoying what the area offers: hiking, skiing, antiquing, four-season fun, and the many summer festivals.

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Bethel Inn Resort 21 Broad Street, Bethel 207 824-2175 • 207 824-2233 • www.bethelinn.com	138	Y	Y	O	Y	Y	Y
Captain Daniel Stone Inn 10 Water Street, Brunswick 207 373-1824 • 207 373-1857 • www.captaindanielstone.com	30	Y	N	N	Y	Y	Y
Eastland Park Hotel 157 High Street, Portland 207 775-5411 • 207 775-1066 • www.eastlandparkhotel.com	202	Y	Y	N	Y	Y	N
Executive Inn 170 Center Street, Auburn 207 784-1331 • www.executiveinnmaine.com	72	N	Y	N	N	Y	N
Greenwood Mountain Inn 168 Greenwood Mt. Road, Hebron 207 996-2233 • www.greenwoodmtinn.com	9	Y	Y	N	N	Y	Y
Harraseeket Inn 162 Main Street, Freeport 207 865-9377 • 207 865-1684 • www.harraseeketinn.com	92	Y	Y	I	Y	Y	Y
Hilton Garden Inn Auburn Riverwatch 14 Great Falls Plaza, Auburn 207 784-4433 • 207 777-7328 • www.auburnriverwatch.hgi.com	138	Y	N	I	Y	Y	Y
Hilton Garden Inn Freeport Downtown 5 Park Street, Freeport 207 865-1433 • 207 865-1432 • www.freeportdowntown.hgi.com	99	Y	N	I	Y	Y	Y
The Lodge at Camden Hills 186 Belfast Road, Camden 207 236-8478 • 207 236-7163 • www.thelodgeatcamdenhills.com	14	N	N	N	N	Y	N
Maine Motel & Cabins 1101 Main Street, Lewiston 207 784-7925 • www.mainemotelandcabins.com	16	N	N	N	N	N	N
Mollycokett Motel & Spa 1132 South Main Street Woodstock 207 674-2345 • 207 674-3985 • www.mollycokettmotel.com	20	Y	Y	Y	Y	N	Y
Point Sebago Resort 261 Point Sebago Road, Casco 207 655-7949 • 207 655-3371 • www.pointsebago.com	200	N	Y	N	Y	Y	N
Poland Spring Resort 543 Maine Street, Poland Spring 207 998-4351 • 207 998-2811 • www.polandspringresort.com	200	Y	N	O	Y	Y	N
Ramada Conference Center 490 Pleasant Street, Lewiston 207 784-2331 • 207 784-2332 • www.ramada.com	117	Y	N	I	Y	Y	Y



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**Come see us for a
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Family Membership**

Auburn-Lewiston YMCA
62 Turner Street, Auburn
207 795 4095 www.alymca.org

I = Inside
O = Outside
N = No
Y = Yes

	NO. OF ROOMS	MEETING ROOMS	PETS	POOL	RESTAURANT	HANDICAP ACCESS	HOT TUB
Residence Inn by Marriott 670 Turner Road, Auburn 207 777-3400 • 800-384-9855 • www.marriott.com	100	Y	Y	I	N	Y	Y
Sebasco Harbor Resort 29 Kenyon Road 207 389-1161 • 207 389-2004 • www.sebasco.com	132	Y	Y	O	N	Y	Y
Sleepy Time Motel 46 Danville Corner Rd., Auburn 207 783-1435 • 207 344-6014 • www.sleepytimemotel.com	6	N	Y	N	N	N	N

PLACES TO STAY - BED & BREAKFASTS, COTTAGES

B = Breakfast
N = No
Y = Yes

	NO. OF ROOMS	WATER VIEW	YEAR-ROUND	MEALS SERVED	PETS	HANDICAP ACCESS	FIREPLACE	HOT TUB
BED & BREAKFASTS Mom & Dad's Guest House 121 East Avenue, Lewiston • 207 783-3032	6	N	Y	B	N	N	N	N
Northern Pines Bed and Breakfast 31 Big Pine Road, Raymond • 207 655-7624 www.maine.com/norpines	5	Y	N	B	Y	N	N	N
Penley House Bed & Breakfast 233 Main Street, Auburn • 207 786-4800 888-786-4802 • www.penleyhouse.com	4	N	Y	B	N	N	Y	N
Ware Street Inn Bed & Breakfast 52 Ware Street, Lewiston • 207 783-8171 • 877-783-8171 www.warestreetinn.com	6	N	Y	B	N	N	Y	N
Wolf Cove Inn 5 Jordan Shore Drive, Poland • 207 998-4976 207 998-7049 • www.wolfcoveinn.com	11	Y	Y	B	Y	Y	Y	Y

PLACES TO STAY - CAMPGROUNDS

P = Pool
B = Beach
N = No
Y = Yes

	PLANNED ACTIVITIES	NO. OF SITES	WATER	BOATING	FISHING	SEASON
CAMPGROUNDS Point Sebago Resort 261 Point Sebago Road, Casco • 207 655-7949 • 207 655-3371 • www.pointsebago.com	Y	90	B	Y	Y	May 1- Oct 18
Range Pond Family Campground 94 Plains Road, Poland • 207 998-2624 • 207 998-5190 • www.rangepondcamp.com	Y	115	Y	Nearby	Nearby	April 15- Oct 15
Riverbend Campground • 207 524-5711 1540 Route 106, Leeds • 207 524-2315 • www.riverbendcampgroundmaine.com	Y	80	Y	Y	Y	May 1- Columbus Day
Sagadahoc Bay Campground Sagadahoc Bay Road, Georgetown • 207 371-2014 • www.sagbaycamping.com	N	45 & 2 cabins	B	Y	Y	May 1- Nov 1

PLACES TO EAT

B = Breakfast \$ = \$7.00 or less
 L = Lunch \$\$ = \$7.00 to \$13.00
 D = Dinner \$\$\$ = \$13.00 and higher
 (All prices based on dinner menu.)

			NO. OF SEATS	MEALS SERVED	AVG. COST OF MEAL	SPECIALTIES
Andy's Baked Beans 47 Broad Street, Auburn	207 782-9044		50	L,D	\$\$	Cheeseburgers & Fries
Antonio's New York Deli & Bakery 29 Lisbon Street, Lewiston	207 784-6800 www.antoniosnydeli.com		49	B,L,D	\$\$	Cheesecakes, Sandwiches, Pizza & Hot Heros
Applebees 599 Center Street, Auburn	207 784-3986 www.applebees.com		175	L,D	\$\$	Steak, Chicken, Seafood
Bethel Inn Resort On the Common, Broad Street, Bethel	207 824-2175 www.bethelinn.com		325	B,L,D	\$\$\$	Variety of Specials including Rack of Lamb
The Bread Shack 1056 Center Street, Auburn	207 376-3090 www.thebreadshack.com		10	B,L	\$	Artisan breads, Pastries & Coffees
The Broad Arrow Tavern at the Harraseeket Inn 162 Main Street, Freeport	207 865-9377 www.harraseeketinn.com		95	L,D	\$\$	Casual dining, Open kitchen, Wood-fired oven & grill
Buddy T's 675 Main Street, Lewiston	207 753-1446		99		\$	Pub Food
Burger King Restaurant 333 Center Street, Auburn 90 Mount Auburn Avenue, Auburn 827 Lisbon Street, Lewiston 704 Main Street, Lewiston	www.bk.com 207 784-6142 207-783-0673 207 783-2825 207 795-6133		-	B,L,D	\$	Croissantwiches, Whoppers & More
Campus Cuisine Inc 100 Campus Avenue, Lewiston	207 777-8609		120	B,L,D	\$\$	Everyday Specials, Soups & Salad Bar, Grill
Chick-A-Dee of Lewiston 1472 Lisbon Street, Lewiston	207 376-3870 www.chick-a-deeoflewiston.com		185	L,D	\$\$	Steaks, Seafood, Chowder and Stews
Crosstone Conference Center & Restaurant 1132 South Main Street, Woodstock	207 674-2392 www.crosstonerestaurant.com		60	B,L,D	\$\$	Home cooking, daily specialties, Steak & Seafood
Danny Boy's Irish Pub & Restaurant & Conference Center 1777 Washington Street, Auburn	207 777-1777 www.firesideinnauburn.com		200	D	\$\$	Steak, Chicken, Seafood & Nightly Specials
DaVinci's Eatery Bates Mill Complex 150 Mill Street, Lewiston	207 782-2088 www.davinciseatery.com		350	L,D	\$\$\$	Brick Oven Pizza, Italian Entrees
Dudley's at the Ramada 490 Pleasant Street, Lewiston	207 784-2331		240	B,L,D	\$	New England Buffett & Pub Entertainment
Dunkin' Donuts 360 Center Street, Auburn 800 Minot Avenue, Auburn 7 Riverside Drive, Auburn 600 Center Street, Auburn 100 Mount Auburn Avenue, Auburn	www.dunkindonuts.com 207 783-0408 207 784-8611 207 783-8111 207 783-0408 207 786-2670		-	B,L,D	\$	Coffee, Donuts, Bagels & Sandwiches
Fish Bones American Grill 70 Lincoln Street, Lewiston	207 333-3663 www.fishbonesag.com		158	L,D	\$\$\$	Fresh Fish
Fore Seasons Restaurant North Parish Road, Turner	207 224-7090 www.foreseasons.net		278	L,D	\$\$	Prime Rib & Comfort Food
Fuel 49 Lisbon Street, Lewiston	207 333-3835 www.fuelmaine.com		80	L,D	\$\$\$	French Bistro
Gipper's Sports Grill 120 Center Street, Auburn	207 786-0715 www.gippers.com		119	L,D	\$	Steaks, Chicken & Burgers
Governor's Restaurant & Bakery 1185 Lisbon Street, Lewiston	207 753-0173 www.governorsrestaurant.com		180	B,L,D	\$	Baked Pies & Desserts Low prices, large quantities, high quality, takeout
Graziano's Casa Mia Inc 245 Lisbon Street, Lisbon	207 353-4335		200	L,D	\$\$	Lasagna, Veal, Pasta, and

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\$\$ = \$7.00 to \$13.00

\$\$\$ = \$13.00 and higher

(All prices based on dinner menu.)

		NO. OF SEATS	MEALS SERVED	AVG. COST OF MEAL	SPECIALTIES
Great American Grill-Hilton Garden Inn Auburn Riverwatch 14 Great Falls Plaza, Auburn 207 784-4433		50	B,L,D	\$\$\$	Authentic Italian recipes Classic American Cuisine
Great American Grill-Hilton Garden Inn Freeport Downtown 5 Park Street, Freeport 207 865-1433 www.freeportdowntown.hgi.com		50	B,L,D	\$\$\$	Offers classic American cuisine & a seasonal menu
The Green Ladle 156 East Avenue, Auburn 207 777-3199		200	L	\$\$	Full buffet, January-May
Gridiron Restaurant & Sports Pub 1567 Lisbon Street, Lewiston 207 777-6353 www.gridironrestaurant.com		200	L,D	\$\$	Seafood, Steak, and Ribs
Gritty McDuff's Brewing Company 68 Main Street, Auburn 207 376-2739 www.grittys.com		160	L,D	\$\$	Pub Food
Hacienda Del Patron 838 Lisbon Street, Lewiston 207 689-3196		250	L,D	\$\$	Authentic Mexican Food
Heidi's Brooklyn Deli 624 Turner Street, Auburn 207 784-3434 www.HeidisAuburn.com		70	B,L,D	\$\$	Homemade breads, Hot/Cold sandwiches & vegetarian selection
Holly's Own Deli & Wine Bar 84 Court Street, Auburn 207 333-3041 www.hollysown.com		70	B,L,D	\$\$	Soups, Salads & Sandwiches
Hurricane's Cafe & Deli 682 US Rt 202, Greene 207 946-3354 www.hurricanedeli.com		24	B,L	\$\$	Panini, Soups, and Desserts
Irish Twins Pub 743 Main Street, Lewiston 207 376-3088		40	L,D	\$\$	Home Cooking
K F C - Taco Bell 1201 Lisbon Street, Lewiston 207-784-4079		-	L,D	\$	Best Chicken in Town; Catering
The Library Cafe 49 Spring Street, Auburn 207-784-2300		18	L,D	\$	Gourmet sandwiches, Fresh baked goods
Long Horn Steakhouse 649 Turner Street, Auburn 207 784-1807 www.longhornsteakhouse.com		198	L,D	\$\$\$	Steak, Chicken and Ribs
Mac's Grill 1052 Minot Avenue, Auburn 207 783-6885 www.macsgill.com		98	L,D	\$\$	Black Angus Beef, Seafood
The Maine Dining Room at the Harraseeket Inn 162 Main Street, Freeport 207-865-9377		120	B,D	\$\$\$	Fine dining, Table-side preparation
Marché 40 Lisbon Street, Lewiston 207 333-3836 www.marchemaine.com		40	L	\$\$	Fresh market style, crepes, soups, specialty sandwiches
Marco's Restaurant 12 Mollison Way, Lewiston 207 783-0336 www.marcositalian.com		250	L,D	\$\$	Italian
Margaritas Mexican Restaurant 180 Center Street, Auburn 207 782-6036 www.margs.com		325	L,D	\$\$	Southern California-Style Mexican Food
McDonald's of Auburn Lewiston 1035 Lisbon Street, Lewiston www.mcmaine.com Center Street, Auburn 207 783-6538 Rt 196, Lisbon Falls 207 783-3845 207 353-1655			B,L,D	\$ -	Egg McMuffins, Big Macs, Salads, and Happy Meals
Mother India 114 Lisbon Street, Lewiston 207 333-6777 www.motherindiamaine.com		45	L,D	\$\$	Ethnic Indian food & special lunch buffet on W, Th, & Sun
No. 10 Water Restaurant 10 Water Street, Brunswick 207 373-9299 www.captaindanielstone.com		125	B,D	\$\$\$	Seasonal cuisine, Steak & seafood & local ingredients
Papa John's Pizza 850 Lisbon Street, Lewiston 207 786-7272 www.papajohns.com		100	L,D	\$\$	Pizza, Wings, Cheeseticks,

PLACES TO EAT

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 (All prices based on dinner menu.)

				NO. OF SEATS	MEALS SERVED	AVG. COST OF MEAL	SPECIALTIES
Pat's Pizza of Auburn	207 784-8221			100	L,D	\$\$	Gourmet Pizza, Salads & Subs
85 Center Street, Auburn	www.patsauburn.com						
Pedro O'Haras	207 783-6200			148	L,D	\$\$	Irish & Mexican
134 Main Street, Auburn	www.pedrooharas.com						
Rolandeau's	207 784-2110			225	L,D	\$\$\$	Prime rib and Fresh seafood
775 Washington Street, Auburn	www.rolandeausrestaurant.com						
Rolly's Diner	207 753-0171			65	B,L	\$	Homemade meals
87 Mill Street, Auburn	www.rollys diner.com						
Roy's All Steak Hamburgers & Golf Center	207 782-2801			300	L,D	\$	Famous all steak Hamburger & Cote's old fashion ice cream
2514 Turner Street, Auburn	www.roysgolf.com						
Sam's Italian Sandwich Shoppes	www.samsitalian.com						Italian Sandwiches, Soups and Salads
268 Main Street, Lewiston	207 782-9145	40					
902 Lisbon Street, Lewiston	207 782-4444	55					
963 Sabattus Street, Lewiston	207 782-5555	60	B,L,D		\$		
675 Main Street, Lewiston	207 783-2222	50					
229 Center Street, Auburn	207 786-3333	40					
Taylor Brook Mall, Auburn	207 783-1111	60					
Schemengee's Bar & Grille	207 777-1155			249	L,D	\$\$	Daily Specials
551 Lincoln Street, Lewiston	www.schemengees.net						
Sedgley Place	207 946-5990			125	D	\$\$\$	Country Inn Dining & Complete Five Course dinners
Sedgley Road, Greene	www.sedgleyplace.com						
Simones Hot Dog Stand	207 782-8431			40	B,L	\$	Hot Dogs, Burgers, Chili, Soups
99 Chestnut Street, Lewiston							
South of the Border	207 783-6015			45	L,D	\$	Homemade Mexican Food
997 Sabattus Street, Lewiston	www.southoftheborder.us						
Starbucks	207 782-0674			25	B	\$	Coffee, Latté, Cappuccino, and Pastries
35 Mount Auburn Ave, Auburn	www.starbucks.com						
T.G.I. Friday's	207 786-7635			280	L,D	\$\$	Great tasting American Fare
649 Turner Street, Auburn	www.myfridays.com						
Taber's	207 784-2521				L,D	\$	Burgers and Ice Cream
473 Lake Shore Drive, Auburn							
Tim Hortons	www.timhortons.com						Coffee, baked goods, and lunch
458 Center Street, Auburn	207 753-0014						
848 Minot Avenue, Auburn	207 753-6773	-	B,L,D		\$		
855 Lisbon Street, Lewiston	207 795-1364						
736 Sabattus Street, Lewiston	207 753-0176						
The Village Inn Restaurant	207 782-7796			250	L,D	\$\$	Seafood, Prime Rib, Chowders & Stews
165 High Street, Auburn	www.villageinnmaine.com						
Wei-Li Chinese Restaurant	207 344-0022			50	L,D	\$\$	Szechwan and Cantonese-style Chinese food
945 Center Street, Auburn	www.weilirestaurant.com						
Youly's Restaurant	207 225-2323			86	B,L,D	\$	Breakfast Omelettes, Seafood, Steaks and Homemade Pies
868 Auburn Road, Turner	www.youlys.com						
ZaPizza! Market & Eatery	207 783-8900			12	L,D	\$	Fresh Dough Pizza, Sandwiches, Subs, and Dinner Baskets
120 Spring Street, Auburn							

PLACES TO SHOP

ANTIQUÉ SHOPS

BrettunsVillage.com
PO Box 772 207 782-7863
Auburn, ME 04211 877 LEATHAH
557 Lincoln Street
Lewiston, ME 04240
Churchill Barton
churchill@brettunsvillage.com
www.brettunsvillage.com

Morin's Fine Furniture & Refinishing
PO Box 644 207 782-7511
Auburn, ME 04212-0644
245 Center Street
Auburn, ME 04210
Catherine Raynor
cathyraynor@yahoo.com
www.morinsantiques.com

Orphan Annie's
96 Court Street 207 782-0638
Auburn, ME 04210
Dan Poulin
orantiques@myfairpoint.net

CELLULAR PHONES & PAGERS

Amcomm Wireless
550 Center St 207 786-2600
Auburn, ME 04210
John Groder
jgroder@amcommwireless.com
amcommwireless.com

AT&T Mobility
279 Center Street 207 753-9301
Auburn, ME 04210
Beth Durrell
beth.durrell@att.com
www.att.com

U S Cellular
730 Center Street 207 777-0000
Auburn, ME 04210
Elizabeth Campbell
www.uscellular.com

Verizon Wireless
364 Maine Mall Road 207 233-2341
South Portland, ME 04106 800 256-4646
David Tatro
david.tatro@verizonwireless.com
www.verizonwireless.com

CONVENIENCE STORES

Durham Get & Go, LLC
697 Royalsborough Road 207 353-9400
Durham, ME 04222
Donna Church
dchurch@gwi.net

Mobil On the Way
1930 Lisbon St 207 777-5444
Lewiston, ME 04240
Nino Naous
snaous@aol.com

V N G Getty Mart
990 Lisbon Street 207 784-3118
Lewiston, ME 04240
George Houssan
george990@wmconnect.com

Victor News Company
59 Park Street 207 782-0521
Lewiston, ME 04240
Phil St Pierre
pstple51@gwi.net

DEPARTMENT STORES/MALLS

Auburn Mall
550 Center Street 207 786-2977 203
Auburn, ME 04210
David Lee
david.lee@auburnmall.com
www.auburnmall.com

JC Penney
550 Center Street 207 786-2936
Auburn Mall 800 222-6161
Auburn, ME 04210
Gretchen Sayward
gsayward@jcpenny.com
www.jcpenny.com

Wal-Mart
100 Mount Auburn Avenue 207 784-0738
Auburn, ME 04210
Melanie Wright
texasmom@myfairpoint.net
www.walmart.com

FLORISTS

Ann's Flower Shop
14 Millett Drive 207 782-3457
Taylor Brook Mall
Auburn, ME 04210
Cheryl McKeone
afsauburnme@aol.com
www.annsflower.com

Blais Flowers & Garden Center
539 Webster Street 207 783-5683
Lewiston, ME 04240 800 783-8568
Michael Blais
mikeblaisflowers@midmaine.com
www.blaisflowersandgardencenter.com

Dube's Flowers & Gifts Inc
PO Box 3004 207 784-4586
Lewiston, ME 04240
195 Lisbon Street
Lewiston, ME 04240
Deb Girouard
www.dubesflowers.com

Roak The Florist
793 Main Street 207 784-4061
Lewiston, ME 04240 800 640-7625
Mike Small
Roak793@myfairpoint.net
www.roaktheflorist.com

Sweet Pea Designs
10 Bobby St. 207 777-1520
Lewiston, ME 04240
Laurie Ouellette
la.ouellette@gmail.com

Youngs Greenhouse
643 High St 207 739-9411
South Paris, ME 04281
Jacqueline Young
youngsgreenhouse@roadrunner.com

FROZEN DESSERTS/TREATS

Dairy Joy of Auburn & Lewiston
137 Spring Street 207 782-8168
Auburn, ME 04210
Ron Nadeau

Gifford's Ice Cream
170 Silver Street 207 872-0850
Waterville, ME 04901 800 950-2604
910 Minot Ave
Auburn, ME 04210
Peggy Gifford
peggygifford@giffordsicecream.com
www.giffordsicecream.com

HOME FURNISHINGS/PRODUCTS

Bench Systems
PO Box 1908 207 784-6700
Lewiston, ME 04241 888 881-3081
Doug Boyd
boyd@mainebucket.com
www.benchsystems.com

F X Marcotte Furniture
132 Lincoln Street 207 783-8593
Lewiston, ME 04240
Paul Bonneau
pbonneau@fxmarcotte.com
www.fxmarcotte.com

Home Depot
149 Mount Auburn Avenue 207 777- 0042
Auburn, ME 04210
Anne Marie Gordon
anne-gordon@homedepot.com
www.homedepot.com

Katahdin Studio Furniture
41 Chestnut Street 888 783-2969
Lewiston, ME 04240
John Stass
strum@ime.net
www.katahdin-online.com

Lowe's Home Improvement Warehouse of Auburn
650 Turner St 207 514-2300
Auburn, ME 04210
Marc Duncan
marc.e.duncan@store.lowes.com
www.lowes.com

Mainly Portrait Photography
100 Stony Ridge 207 576-4805
Auburn, ME 04210
Tammie Grieshaber
tammie@mainlyportraitphotography.com
www.mainlyportraitphotography.com

McIntosh & Tuttle Cabinetmakers
41 Chestnut Street 207 777-1395
Lewiston, ME 04240
Todd McIntosh
todd@mcintoshandtuttle.com
mcintoshandtuttle.com

Uppercase Living
241 Wiley Rd 207 754-2858
Greene, ME 04236
Nicki Therrien
nickitherrien@live.com
nickitherrien.uppercaseliving.net

RETAIL

Alfatah Store
260 Lisbon St 207 333-3034
Lewiston, ME 04240
Anisa Dol
adol1998@yahoo.com

Best Buy
649 Turner Street 207 795-8810
Suite 2B
Auburn, ME 04210
Darrin Porter
darrin.porter@bestbuy.com
www.bestbuy.com

Buy The Fire
712 Main St 207 539-9930
Oxford, ME 04270
Dianne Ferry
csi@worker.com
www.buythefire.net

Fashion Bug
20 East Ave 207 784-6061
Lewiston, ME 04240 800 222-6161
Vikki Bell
lewistonfashionbug@yahoo.com

JC Penney
550 Center Street 207 786-2936
Auburn Mall
Auburn, ME 04210
Gretchen Sayward
gsayward@jcpenny.com
www.jcpenny.com

Jockey Person to Person
608 River Rd 207 946-7635
Greene, ME 04236
Kathryn Beausang
jewelry@riverwalkcreations.com
www.myjockey2p.com/kathrynboutique

Lewiston Pawn Shop
379 Lisbon St 207 784-7919
Lewiston, ME 04240
Rick LaChapelle
lewistonpawnshop.com

Louie's Clothing & Shoe Store
250 Center Street 207 782-0341
Auburn, Maine 04240
Morris Silverman

Lowe's Home Improvement Warehouse of Auburn
650 Turner St 207 514-2300
Auburn, ME 04210
Marc Duncan
marc.e.duncan@store.lowes.com
www.lowes.com

Maine Cycle / Skier's Edge
570 Washington Street 207 784-2209
Auburn, ME 04210
Rita Myrick
rita@mainecycle.net

Mama Shukri Plaza LLC
229 Lisbon St 207 333-3660
Lewiston, ME 04240
Farhiya Mahamud
farhiya.mahamud@gmail.com

Modern WoodTech
1990 Lisbon Rd 207 786-3304
Lewiston, ME 04240
Richard Boucher
mwtrich@yahoo.com
www.modernwoodtech.com

NuImage Awnings
PO Box 2030 207 782-1433
Auburn, ME 04210 800 901-3313
101 Merrow Road
Auburn, ME 04210
Tom Dean
tdean@futureguard.net
www.nuimageawnings.com

Republic Jewelry & Collectibles
212 Center Street 207 784-4444
Auburn, ME 04210 877 422-7979
Dan Cunliffe
dan@republicjewelry.com
www.republicjewelry.com

Independent Scentsy Consultant
Leslie Dubois
588 Main St 207 577-1187
Lewiston, ME 04240
Leslie Dubois
lesliedubois@hotmail.com
www.scentsy.com/Dubois

Independent Scentsy Consultant
Theresa-Anne Craig
77 Androscoggin Ave 207 740-7539
Lewiston, ME 04240
Theresa-Anne Craig
theresaanecraig@yahoo.com
www.theresacraig.scentsy.us

Sam's Club
45 Market Street 207 623-2757
Augusta, ME 04330
Janice Sweet
jmsweet.s06462.us@samsclub.com

Starbucks
35 Mount Auburn Ave 207 782-0674
Auburn, ME 04210
Laura Steckino
lsteckino@yahoo.com
www.starbucks.com

Things Remembered
550 Center St Box 9160 207 783-4011
Auburn Mall
Auburn, ME 04210
Jamie Higgins
tarzanjmh@yahoo.com
www.thingsremembered.com

Tractor Supply Company
1619 Lisbon St 207 795-8828
Lewiston, ME 04240
Michael Lowans
www.tractorsupply.com

Uppercase Living
241 Wiley Rd 207 754-2858
Greene, ME 04236
Nicki Therrien
nickitherrien@live.com
nickitherrien.uppercaseliving.net

Wal-Mart
100 Mount Auburn Avenue 207 784-0738
Auburn, ME 04210
Melanie Wright
texasmom@myfairpoint.net
www.walmart.com

SPORTS EQUIPMENT & SUPPLIES

Central Maine Powersports
845 Main St 207 689-1245
Lewiston, ME 04240
Craig Anderson
gmgr.cmpowersports@roadrunner.com
centralmainepowersports.com

L L Bean Inc
Casco Street 207 865-4761
Freeport, ME 04033
John Oliver
joliver@llbean.com
www.llbean.com

Play It Again Sports
250 Center Street 207 777-7427
Auburn, ME 04210
Kristopher Gilhooly

Roy's Bicycle Shop
75 Farwell Street 207 783-9090
Lewiston, ME 04240
Marielle Roy
www.roysbike.com

The Twister Company
101 Merrow Rd 207 795-6536
Auburn, ME 04210
Randy Blouin
randy@thetwistercompany.com
thetwistercompany.com

WHOLESALE CLUB

Sam's Club
45 Market Street 207-623-2757
Augusta, ME 04330
Janice Sweet
jmsweet.s06462.us@samsclub.com

NOTES

ECONOMIC DEVELOPMENT ORGANIZATIONS AT THE BUSINESS SERVICE CENTER AT KEYBANK PLAZA

415 LISBON STREET, LEWISTON



Androscoggin County Chamber of Commerce	● 207-783-2249
Auburn Business Development Corporation	● 207-784-0161
Citizens Commission on Lewiston-Auburn Cooperation	● 207-784-0161
Coastal Enterprises	● 207-777-5060
Lewiston Auburn Economic Growth Council	● 207-784-0161
Lewiston-Auburn Railroad Company	● 207-784-0161
Lewiston Development Corporation	● 207-784-0161
Maine Procurement Technical Assistance Center	● 207-777-5067
SCORE	● 207-782-3708

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-The Forecaster



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Blood Brothers * Wait Until Dark * Jekyll & Hyde

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Bates



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- A national leader in environmental sustainability
- A key contributor to the cultural life of Androscoggin County and Southern Maine, offering concerts, theater and dance, film and exhibitions throughout the year

Bates Admissions Information
bit.ly/Bates-Admission
207-786-6000

Bates College
www.bates.edu

Events at Bates
home.bates.edu/viewevents

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Olin Arts Center
207-786-6135 or
www.batestickets.com

Museum of Art
207-786-6158 or
www.bates.edu/museum.xml

Theater Box Office
207-786-6161 or
www.batestickets.com

Bates Dance Festival
207-786-6381 or
www.batesdancefestival.org



Photos by Phyllis Graber Jensen

Franco American Heritage Center

Concerts

Theatre

Dance

46 Cedar St.
Lewiston, Me

Rentals
783-1585
Box Office
689-2000



Experience the excitement!
www.francoamericanheritage.org

FROM *Bach* TO THE BEATLES

2010 - 2011 Concert Series

THE *Maine Music Society*

Battle of the Blends XVII

November 6, 2010 • 7:30pm

A Heritage Christmas

Saturday, Dec. 11, 2010 • 7:30pm & Sunday, Dec. 12, 2010 • 3:00pm

Sunday, December 19, 2010 • 4:00pm

My Favorite Bach

Saturday, March 26, 2011 • 7:30pm & Sunday, March 27, 2011 • 3:00pm

All You Need is Love – A Beatles Retrospective

Friday, May 20, 2011 • 7:30pm & Sunday, May 22, 2011 • 3:00pm

All concerts are at the Franco-American Heritage Center in Lewiston except
A Heritage Christmas performance Sunday, December 19 which is at
the First Congregational Church in South Paris.

FOR TICKET INFORMATION

Please call L/A Arts at 207-782-7228

Visit us online at www.MaineMusicSociety.org

or email us at: info@MaineMusicSociety.org



Join us on Facebook: Maine Music Society/Androscoggin Chorale

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L/A Arts is Lewiston Auburn's Local Arts Agency,
Serving our community since 1973!

207-782-7228

www.laarts.org

L/A Arts 221 Lisbon St Lewiston, ME 04240

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L/A ARTS
GALLERY

5

49 LISBON ST, LEWISTON, ME

Giving Maine artists the opportunity to
exhibit, promote and sell their work.

PERFORMING ARTS

G = Group Rates Available P = Open to the General Public \$ = Fee Required

Auburn Community Band

www.auburncommunityband.com • auburncommunityband@gmail.com

Every Wednesday evening, from mid-June through the end of August, the 45-50 member Auburn Community Band a division of Auburn Parks & Recreation presents free outdoor concerts from 7:00 - 8:15 PM at Festival Plaza in downtown Auburn, weather permitting. A different program of music is performed each week. Selections often include famous marches, Broadway and movie themes, well-known patriotic tunes, and popular songs from the '40s through the present. Each December, several free holiday concerts are also offered to the public. Musicians are welcomed to become members of the band during the months of January and September. P

Bates Dance Festival

31 Frye St., Lewiston, Me 04240 • Laura Faure, Director • 207-786-6381 Office, 207-786-6161 Box Office (July/August only)

Email: dancefest@bates.edu, Website: www.batesdancefestival.org

The Bates Dance Festival, founded in 1982, is an internationally known summer program of contemporary dance and music based at Bates College. Each July and August artists from across the globe gather at Bates to study, create and perform. The Festival offers a world class performance series including main stage concerts, lectures, panel discussions and films featuring acclaimed artists. The Festival also offers dance training programs for local youth, young dancers and professionals who come from around the world. To learn more about the Festival and see a complete program for 2011 please visit us online at: www.batesdancefestival.org. P

L/A Arts

221 Lisbon Street, Lewiston, ME 04240 • Jim Hardy, Executive Director 207 782-7228 • www.laarts.org • mail@laarts.org

L/A Arts is a community based, state designated Local Arts Agency (a 501(c)(3) nonprofit organization) whose mission is to integrate and invigorate the arts in this community. At the core of creativity since 1973, L/A Arts initiates the broadest and most innovative arts programs for all who live, work, and grow here. Activities include theatre, concerts, family performances, visual art exhibitions, free summer music, community outreach programs for various ages and groups, and an award-winning arts in education program and in-service support for educators. L/A Arts looks to pioneer new initiatives and continue to offer accessible arts opportunities for all. G P \$

L/A Community Little Theatre

Theatre and Box office location Great Falls Center for the Arts 30 Academy Street, Auburn, Me 04210 • www.laclt.com 207-783-0958. E-mail info@laclt.com

The Community Little Theater (CLT) has been providing live, professional-quality performances to the L-A area for 70 years. From crowd-pleasing full scale Broadway Musicals to Tony Award-winning comedies and dramas, CLT has staged more than 300 productions since 1940. CLT is a volunteer, non-profit organization that welcomes everyone to get involved in one or more of the many areas of producing great theater. Voted 2009 Lewiston- Auburn's "BEST THEATER" and for 3 consecutive years for which we boast Maine's Biggest "Little Theater". P \$

The Maine Music Society

221 Lisbon Street, Lewiston, ME 04240 • 207 782-1403 www.mainemusicsociety.org • info@mainemusicsociety.org

The Maine Music Society is a community-based organization that has presented high quality musical performances in the Lewiston-Auburn area for over 35 years. It consists of the Androscoggin Chorale, an auditioned choir of about 50 singers, and an orchestra comprised of professional instrumentalists from the area. The repertoire ranges from major classical works to pieces of contemporary composers and more modern popular show tunes. MMS presents around four concerts per year, and also hosts a community Garden Tour and the annual Battle of the Blends, which showcases a cappella groups from around New England. MMS is committed to collaborative efforts with other musical entities, and has recently presented concerts with Bates College, the Mid-Coast Symphony Orchestra, Lewiston High School, and the Children's Chorus of Maine. P \$

Midcoast Symphony Orchestra

Franco American Heritage Center, Corner of Oxford & Center Streets, Lewiston, ME • John Teller • 207 371-2028 • www.midcoastsymphony.org

In 1990 a small group of musicians, mostly string players, decided to form an orchestra in the Brunswick area to provide a venue for the study and performance of classical music. The group was called the Midcoast Chamber Orchestra, and over the next few years, it became obvious that there were many more retired professional, as well as talented non-professional, musicians living in the area who were anxious to exercise their musical skills. As the number increased, so did the variety of instruments, to the point that the Board of Directors voted in 1998 to expand the original idea of a Chamber Orchestra to a full-size Symphonic Orchestra and to hire a full-time conductor, Rohan Smith. Today, the Midcoast Symphony Orchestra remains a non-profit, community-based organization but now has over 75 members and performs four concert series a season in the Orion Performing Arts Center, Topsham and the Franco-American Heritage Center, the fabulous new facility in Lewiston. New member inquiry's welcome. P \$

The Public Theatre

Lewiston/Auburn's Professional Theatre

31 Maple Street, Lewiston, 04240 • 207 782-3200 (box office) www.thepublictheatre.org • info@thepublictheatre.org

Nationally recognized for its artistic excellence, and voted **best theatre** four times by the *Portland Phoenix*, and the "**#1 gem in Lewiston/Auburn**" by the *Sun Journal*, The Public Theatre is a professional Equity theatre producing Broadway quality theatre for the people of Maine at an affordable price. Featuring a top ticket price of only \$18, The Public Theatre produces uplifting and provocative theatre, featuring the finest professional actors from New York to Los Angeles each October thru May. P \$

Theater at Bates

2 Andrews Road, Lewiston, ME 04240
Martin Andrucki, Chairman, Department of Theatre and Rhetoric
207 786-6187 • www.bates.edu/Faculty/Theater
207 786-6161 (Box Office only) • www.bates.edu/boxoffice

The Department of Theatre and Rhetoric stages several theater and dance productions each year in its three theaters-Schaeffer Theatre, Gannett Theater, and Black Box Theater-ranging from the classics to the avant-garde. In addition, rising playwrights are invited to the campus to offer staged readings of their work. P \$

ENTERTAINMENT & FESTIVALS

Auburn Winter Festival

The week-long festival at the end of January includes snow rafting rides, Groomer Rides, 3on3 Pond Hockey, snowshoeing, ice sculpting, skiing, races, ice skating, a giant snow playground and Shovel Races, Really Ridiculous Relay Races, Torch Light Parade, FIREWORKS over the mountain and much, much more.

Festival FrancoFun

In June, French language and local culture are celebrated through the Festival FrancoFun. This summer event offers Franco-American cuisine, entertainment, and a touch of history.

Great Falls Balloon Festival

In August, Great Falls Balloon Festival is host to over forty hot air balloonists from across the Northeast, making it one of the largest hot air balloon festivals in northern New England. The festival features ongoing activities throughout the weekend for people of all ages. www.greatfallsballoonfestival.org

Greek Festival

In September, the weekend after Labor Day is the annual Greek Festival. Enjoy marvelous Greek food while listening to traditional music.

Liberty Festival

On the 4th of July, the Liberty Festival brings the community together to celebrate with live entertainment, games, food, fun, and a grand fireworks display. www.libertyfestival.org

Maine Blues Festival

June 18, 2011 – the 5th Annual Maine Blues Festival – an all-day event featuring more than 40 red-hot blues bands at different locations throughout Naples – “the heart of the lakes Region”. Shuttle transportation between venues. Always Fathers’ Day Weekend! www.mainebluesfestival

Moxie Festival

The Moxie Festival is held in downtown Lisbon Falls the second weekend in July honoring Moxie, a beverage with a distinctive taste. Food, crafts, a parade, entertainment, and much more are available for everyone’s enjoyment. See Moxie video:www.downtown.com/Maine-Videos-/#videos www.moxiefestival.com

ART GALLERIES & MUSEUMS

G = Group Rates Available P = Open to the General Public \$ = Fee Required

Androscoggin Historical Society

County Building, 2 Turner Street, Unit 8, Auburn, ME 04210-5978
207 784-0586 • www.rootsweb.ancestry.com/~meandrhs
David C. Young, President andrhs@myfairpoint.net

The Androscoggin Historical Society preserves and disseminates the history of Androscoggin County. Since 1923, the Historical Society has been preserving and promoting the long, rich history of the county. The Clarence E. March Library has extensive holdings in local history and genealogy, and the Davis-Wagg Museum is filled with many artifacts of local historical interest, both open to the public free of charge (donations accepted). Hours are 1:30 - 5:00 p.m., Wednesday through Friday. Please call ahead on Fridays. They are wheelchair accessible. P

Atrium Art Gallery

University of Southern Maine, Lewiston-Auburn College,
51 Westminster Street, Lewiston, ME 04240 • 207 753-6554
www.usm.maine.edu/lac/art • Robyn Holman, Curator
holman@usm.maine.edu

The Atrium Art Gallery, located in the expansive hub of the USM’s Lewiston-Auburn campus, presents diverse year-round art exhibitions in all media. The art gallery sponsors an open juried biennial exhibition featuring work by artists in Androscoggin, Franklin, and Oxford counties.

Hours: Monday-Thursday, 8:00 a.m.-8:00 p.m.; Friday, 8:00 a.m.-4:30 p.m.; Saturday (during fall and spring semesters), 9:00 a.m.-3:00 p.m. Closed holidays. P

Bates College Museum of Art

Olin Arts Center, 75 Russell Street, Lewiston, ME 04240
Marc Bessire • 207 786-6158 • www.bates.edu/acad/museum

Located on the historic campus of Bates College, the Museum of Art is home to one of the region’s finest art collections, including the Marsden Hartley Memorial Collection. The museum, housed in the Olin Arts Center, hosts ongoing exhibitions, special events, and showings of the permanent collection throughout the year. P

Franco American Collection

Lewiston-Auburn College, Room 153, 51 Westminster Street, Lewiston, ME 04240
Donat Boisvert • 207 753-6545 • www.usm.maine.edu/lac/franco
boisvert@usm.maine.edu

In keeping with its educational, research, and community service mission, the Franco-American Collection is designed to promote interest in and study of the Franco-American culture and history. A significant collection of documents, photographs, artifacts, and audiovisual material relating to the Franco-American community is housed in the facility. Generally hours are Mondays thru Thursdays 8:30 a.m. - 5:00 p.m. P

Franco American Heritage Center

PO Box 1627, Corner of Oxford & Cedar Street, Lewiston, ME 04241-1627
Box Office 207 689-2000 • Rita Dube • Business Office 207 783-1515
www.francoamericanheritage.org

The Franco-American Heritage Center was established in November 2000 to preserve and promote all aspects of the Franco-American heritage, including culture, history, and language. Its mission is to transform and restore the building and allow FAHC to continue to enrich the lives of the people of Lewiston-Auburn and elsewhere by preserving the community’s rich French history. This is an active and thriving center with a combination of uses including a museum, a performance hall, a function hall, and a learning center. It is a true asset to the community as well as a multi-cultural, multi-purpose community facility – a magnificent structure of historical value, a gem in the heart of what is affectionately known as “Little Canada,” where children learn from it, adults grow from it, ancestors will be honored by it, and the community shares great pride in it. This center contributes to the area educationally, academically, economically, socially, and culturally. P

L/A Arts Gallery 5

Lyceum Hall • 49 Lisbon Street, Lewiston, ME 04240 • 207 782-7228
www.laarts.org/visual/gallery-5.htm

L/A Arts Gallery 5 is located in Lyceum Hall, 49 Lisbon Street, Lewiston, Maine, and promotes juried works of art in all media. It serves as an educational resource for those who are familiar with original art and those for whom original art is a new experience. Through exhibitions and programs, Gallery 5 provides a unique

ART GALLERIES, MUSEUMS & HISTORICAL SOCIETIES

G = Group Rates Available P = Open to the General Public \$ = Fee Required

venue for contemporary art in Maine. Gallery 5 is underwritten by Fuel, bistro and wine bar. L/A Arts Gallery 5 is open to the public. For current gallery hours please see our webpage or contact L/A Arts at 207-782-7228. Off-hour appointments to view artwork can be scheduled through L/A Arts. P

Maine Art Glass Studio--Butterfly and Insect Muesum

Maine Art Glass Studio - 51 Main Street - Rte 125 - Lisbon Falls, ME 04252 - 207 353-6700 Jim Nutting - www.maineartglass.com

The Butterfly and Insect Museum is located on the premises of Maine Art Glass Studio and The Sanctuary Gallery at 51 Main Street Rte 125 in downtown Lisbon Falls. Fifteen minutes from Brunswick and Topsham, twenty minutes from Lewiston or Freeport, forty minutes from Portland, Augusta, and the Mid Coast, The Butterfly and Insect Museum features exciting and educational exhibits appropriate for all ages. Jim Nutting also keeps an exhibit of live creatures for supervised viewing. Free to the public or organized tours by appointment for \$3.00 per person. The Butterfly and Insect Museum is underwritten by Jim Nutting and Maine Art Glass Studio for the educational benefit of Maine's public and children in particular. Open to the Public Monday through Thursday 9am to 9pm, and Friday and Saturday 9am to 4pm. P

Maine Art Glass Studio--Sanctuary Gallery

Maine Art Glass Studio-51 Main Street- Rte 125 - Lisbon Falls, ME 04252 Nel & Denise Bernard • 207 353-6700 • www.maineartglass.com

The Sanctuary Gallery is located on the premises of Maine Art Glass Studio, 51 Main Street, Rte 125 in downtown Lisbon Falls, Maine

and represents the Studio members' work and fifty of Maine's most popular artists and craftspeople. The gallery serves as a staging area for new ideas in glass, fine arts, and superior crafts from throughout Maine. The Sanctuary Gallery is underwritten and supported by Maine Art Glass Studio for the benefit and enjoyment of town residents and visitors from around the world. Most exhibition art is available for purchase. Open to the public Monday through Thursday 9am to 9pm, and Friday and Saturday 9am to 4pm. P

Museum L-A

35 Canal Street Box A7, Bates Mill Complex, Lewiston, ME 04240 Rachel Desgrosselliers • 207 333-3881 • info@museumla.org www.museumla.org

Museum L-A, The Story of Work and Community in Lewiston-Auburn. Discover the Twin Cities' rich heritage of labor, industrial commitment, community expansion, and cultural influences. Engaging exhibits and special programs encourage family fun and learning across generations. Unique gifts at Museum Shop. Open 10-4 Mon.-Sat. P \$

Washburn-Norlands Living History Center

290 Norlands Road, Livermore, ME 04253 • 207 897-4366 • www.norlands.org

Located on 445 acres of the former estate of the Washburn family, the site is a working farm and museum featuring a beautifully restored Victorian country home, farmer's cottage, granite library, white-steepled church, one-room schoolhouse, and a large barn full of animals. The Washburn-Norlands seeks to preserve the heritage of 19th century rural life through innovative and entertaining hands-on programs for all ages. The Washburn-Norlands thrives on the generosity of its members, donors, and volunteers. Public hours vary; please call for more information. G P \$

RECREATIONAL ACTIVITIES

G = Group Rates Available P = Open to the General Public \$ = Fee Required

Androscoggin Bank Colisée

190 Birch St. Lewiston, ME 04240 • 207.783.2009 • www.thecolisee.com

The Androscoggin Bank Colisée is a multi-purpose entertainment and sporting facility. Proud home to the QJHL Lewiston MAINEiacs as well as Youth and High School Hockey teams it also hosts a number of concerts, sporting events and trade shows with seating of up to 4,800. The arena also offers Public Skating for all ages including special skate nights for teens. The facility includes Blue Line Sporting Goods pro-shop, The Shipyard Lounge with seating for over 100 people, a Concession & Skate Rental.

Androscoggin River

Androscoggin Land Trust

Mail Address: PO Box 3145 Auburn, ME 04212

Physical Location on the Riverfront: 86 Main St, Ste 201, Auburn, ME 04210

Jonathan P. LaBonte 207-782-2302

info@androscogginlandtrust.org • www.androscogginlandtrust.org

Initially the source of life and trade for Native Americans, the Androscoggin River became the primary driver for the development of industry in Androscoggin County. Now, as part of the renaissance of the communities along its banks, the Androscoggin River has become a major recreation attraction for visitors and residents alike, featuring boat access for paddling and motor boats, shoreline fishing areas, and extensive public lands, including Maine's 5th largest state park in the Androscoggin Riverlands for hiking, picnicking, and other outdoor activities. In addition to recreational activities, historic assets such as mills, canals, and museums line the downtown riverfront of Lewiston-Auburn to tell the stories of the region's development. P

Auburn Municipal Beach

Lake Auburn Outlet, Route 4, Auburn, ME 04210

Auburn Parks & Recreation 207 333-6600

The Auburn Municipal Beach at the Lake Auburn Outlet is the only portion of Lake Auburn where swimming is allowed and indeed encouraged. The beach is open from Memorial Day weekend through Labor Day weekend. Hidden behind a wall of evergreens, this is a cool oasis on a hot summer's day where you don't have to worry about the crowds of larger beaches. Bathhouses for changing and clean restrooms are available for your convenience. G P \$

Bethel Inn & Country Club

21 Broad Street, Bethel, ME 04217 • 207 824-2175 • www.bethelinn.com

Maine's premier four-season resort is in the heart of historic Bethel, Maine, "Maine's most beautiful mountain village." A 200-acre resort with 150 traditional inn and luxury townhouse accommodations and award-winning fine and casual dining, heated outdoor pool, health club, and conference and meeting facilities. Enjoy our 18-hole championship golf course and Guaranteed Performance PGA Golf School in the summer months and a 40 km Cross Country Ski and Snowshoe Center during the winter. Just 6.8 miles from Sunday River Ski Resort, offering affordable ski and family vacation getaways. G P \$

Fox Ridge Golf Club

550 Penley Corner Road, Auburn, ME 04210 • 207 777 GOLF www.FoxRidgeGolfClub.com

New in 2001, Fox Ridge Golf Club has quickly been identified as one of the state's very best championship golf courses. Rolling hills and century-old stone walls lead to island greens and stone bridges.

RECREATIONAL ACTIVITIES

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Four sets of tees allow a variety of challenges. There were several championships played at Fox Ridge Golf Club, which included the WSMGA, and the Maine Seniors. Open to the public, the complete facility includes clubhouse, pro shop, driving range, and grill room. Golf lessons with Class A Golf Professional Bob Darling, Jr., clinics, special group packages, and new membership categories are available. Rated 4 1/2 stars out of 5 by *Golf Digest*. P \$

Historical Walking Tour

Androscoggin County Chamber of Commerce
415 Lisbon Street, Lewiston, ME 04240 • 207 783-2249
www.androscoggincounty.com

The cities of Lewiston and Auburn have a rich history dominated by the Androscoggin River and the power it generates. This historical walking tour will lead you through a history and heritage that are based on the determination, labor, and imagination of two cities and the people who built them. P

Ingersoll Arena

Auburn Parks & Recreation Department, Auburn, ME 04210
Mike Berube 207 333-6600 x2114

The Ingersoll Arena is the home ice for Auburn Youth Hockey, Edward Little High School, Leavitt Area High School, Gray-New Gloucester/Poland High School, L/A Seniors Hockey and LA Edge Hockey. In addition to these primary uses, the arena meets the ice needs of many other regional organizations and is programmed for public skating, shinny hockey, and figure skating.

This season runs from early October to mid-August. To find out more about the best ice in town or to book some ice time, please call. P \$

Lost Valley, Inc.

Lost Valley Road, Auburn, ME 04210 • Connie King • 207 784-1561
www.lostvalleyski.com

Lost Valley is well known for its banquet and conference facilities. Ask for Connie to arrange your next event at this lovely country facility. At Lost Valley Banquets and Conference facility you will come to love the personal attention you will receive planning your event.

Many have come to know Linc Hayes and Connie King over the years. Together they have pledged as the new owners to continue with its many upgrades annually, including more enhanced facilities, slope space, and features in the Terrain Park.

"Flexible Ticketing" has been an innovative trend at this local ski area. Lost Valley's tried and true success has been built on the large number of organized programs for juniors and adults, both daytime and evenings. Lost Valley's 50 years of rich history in snowmaking allows 100% top to bottom snow coverage, whether mother nature assists or not. Here is a classic family ski area offering programs and facilities to make spending time as a family, or just spending time with friends safe, easy, and fun!

Olympic skier, Julie Parisien has trained and created staffing and programming for the dynamic Julie Parisien junior race program, which boasts success in its students' achievements. Specials like our weekly "Teen Night" offer affordable skiing for the evening. Check our web site for all the specials: www.lostvalleyski.com. Lost Valley's annually changing Terrain Park design attracts local and national competitions, and our new freestyle clubs dazzle everyone who visits. Lost Valley is sure to provide you and yours a most enjoyable experience at an affordable price! We truly are "Maine's Best Kept Secret." P \$

Lewiston Public Skate Park

Lewiston Department of Recreation, Kennedy Park, Lewiston ME 04240
207 513-3005

Lewiston Public Skate Park, which opened in November of 2006, is one of the only 2 concrete in-ground skate parks in Maine. The 12,000 square foot skate park has in-ground bowls, ramps, stairs and half-pipes and is open 8a.m.-9p.m. weather permitting. P

Martindale Country Club

Beech Hill Road, PO Box 1036, Auburn, ME 04211-1036
James Day 207 782-1107

The clubhouse offers both a private dining/lounge area for its members and an elegantly appointed function room for public events, such as wedding receptions, anniversaries, class reunions, proms, and business groups. Martindale is one of the most popular locations for social events in Lewiston/Auburn and surrounding areas. The staff at Martindale will assure you the finest food and service along with a friendly and warm atmosphere. \$

Mount Apatite Park

Auburn Parks & Recreation Department
Pettengill Park, Auburn, ME 04210 • 207 333-6600

Mount Apatite Park is a 325-acre wooded park located in the western portion of the city. The park offers a wide variety of recreational opportunities not often found in municipal park settings.

Rock hounds have known about this area for over 150 years, when the first discoveries of gem-quality tourmaline were found there. Since then, the area has experienced a great deal of mineral exploration, both commercial and amateur. Today amateurs may still search the mine tailings for apatite, tourmaline, and quartz specimens (special rules apply). The park features approximately four miles of trails for non-motorized uses such as hiking, mountain biking, cross-country skiing, and snowshoeing. The Andy Valley Sno Gypsies also maintain a snowmobile trailhead within the park, which links to miles of regional snowmobile trails.

The park is open from dawn until dusk year-round. As with all municipal parks, hunting is not allowed within park boundaries. Park brochures, which include a trail map, park rules, and other park information, are available at the Auburn Parks & Recreation Department office, Monday through Friday, 8a.m.-4:30p.m. P

Pettengill Park/Union Street Gully

Auburn Parks & Recreation Department, Auburn, ME 04210
Ravi Sharma • 207 333-6600

Pettengill Park, a centrally located 40-acre urban park, has become the focal point for recreation activities for thousands of Auburn residents. Facilities located within the Pettengill Park area include: Hasty Community Center that serves as the offices for the department and includes a gymnasium, and a three-bay Parks maintenance garage. Other amenities include: a baseball field; a lighted softball field; four basketball courts; a youth football field; two horseshoe pits; five playground areas; a multi-purpose building; a scenic fishing pond; and is home to the Ingersoll Arena indoor ice facility. P

Point Sebago Resort

261 Point Sebago Road, Casco, ME 04015 • 207 655-7949
www.pointsebago.com

Point Sebago Resort is located on the pristine shores of Sebago Lake, southern Maine's largest lake. Enjoy a picturesque lake-front setting that combines award-winning children's programs with a friendly, caring staff, a full-service marina, a nationally recognized 18-hole championship golf course, a lakeview restaurant, nightly

RECREATIONAL ACTIVITIES

G = Group Rates Available P = Open to the General Public \$ = Fee Required

entertainment, lounge, and a host of other recreational amenities to offer the ultimate location for a company retreat, vacation, reunion, and destination wedding. Special group discounts for golf packages and themed getaway weekends in spring and fall.

Poland Spring Resort

543 Maine Street, Poland Spring, ME 04274

Cyndi Robbins • 207 998-4351 • www.polandspringresort.com

Poland Spring's history dates back to the 1790s. The three inns and eleven cottages with beautiful grounds and views of the White Mountains offer inexpensive spring through fall weekend and summer vacation packages. They have nightly entertainment, all you can eat buffets, and many activities (beautiful Donald Ross 18-hole golf course, Victorian library, grass tennis courts, bocce, large pool, shuffleboard, boating etc.). Open weekend from Memorial Day Weekend until Columbus Day Weekend and daily June 19- August 30. P \$

Range Pond State Park

Empire Road, Poland, ME 04015 • Gordeen Skolfield, Manager • 207 998-4104

Located on 750 acres, Range Pond is a day-use park, including a quarter mile of beach, nature trails, group area, ball field, playground equipment, boat launch, and bathroom and changing facilities. Lifeguards are on duty in the summer. P \$

Roy's All Steak Hamburgers & Golf Center

2514 Turner Road, (Route 4) Auburn, ME 04210 • www.roysgolf.com

Roy's Allsteak Hamburgers and Golf Center on Route 4, in Auburn provides an ideal setting for the entire family. The restaurant offers a variety of foods to accompany the hamburgers made famous by the grade "A" steak cut, ground and pattied on site daily. There is also an 18 hole mini-golf course and an expansive golf driving range. Adjacent to Roy's lies Pine Acres 9-hole golf course and a 4 station baseball and softball batting cages. Also, at Roy's, you can enjoy an ice cream from Gifford's. Roy's has two highlight weekly events: Cruise Night every Tuesday night when car collectors come to showcase their favorite cars, and Bike Night every Thursday night when motorcycle enthusiasts are encouraged to ride out with friends and join the rising group of bikers who attend. Both Cruise Night(Tuesday) and Bike Night(Thursday) run from 5:30pm - sunset. Roy's is open 7 days a week. The restaurant hours are from 11am-9pm, and the golf center hours are from 7:30am to 9pm. G P \$

Sparetime Recreation

24 Mollison Way, Lewiston, ME 04240 • Bill Boardman

207 786-BOWL (2695) • Fax: 207 346-0068

bboardman@sparetimerec.com • www.sparetimerec.com

Sparetime Recreation specializes in fun for all ages. Family fun at the modern 34-lane bowling center features automatic scoring and bumper systems to allow for fun for your youngest too. In addition to bowling, the center now hosts Lewiston-Auburn's largest arcade with pool tables, air hockey, and foosball. It is open all day every day for League and Open bowling. On Friday and Saturday nights, most of the lanes are lit up for Rock n Bowl which includes music, prizes, and give-a-ways. Our cafe offers a full menu of pizza, sandwiches, wraps, dinners, and more. We offer a full bar as well. The center can also host your corporate party, birthday party, group event, or fund-raiser. Sparetime Recreation... Good Friends, Good Food, Good Times... Reward Yourself... Come Play! G P \$

Spring Meadows Golf Club at Cole Farms

59 Lewiston Road, Gray, ME 04039 • 207 657-2586

www.springmeadowsgolf.com

Spring Meadows is one of the great new golf courses in Maine. It features a challenging 18-hole layout with generous fairways, but the four sets of tees enable players of all abilities to enjoy the beautiful layout. Spring Meadows has a well-stocked pro shop, a 200 seat banquet facility and a comfortable player's lounge to celebrate your achievements on the course. Call or book your tee time on-line and come see why the New England Golf Guide calls Spring Meadows "... among the lushest courses anywhere in New England." P \$

Springbrook Golf Club

141 U.S. Hwy 202, Leeds, ME 04263 • Joe Golden • 207 946-5900

www.springbrookgolfclub.com

Springbrook, a challenging 18-hole championship course, is open to the public. The course has a reputation for being extremely well maintained, with greens that are considered some of the best in Maine. The beauty of the course is enhanced by a brook, which meanders through the middle of the course. Beautiful seasonal wildflowers attract occupants for the 150-yard-marker birdhouses!

The clubhouse and snack bar are housed in a uniquely converted rustic post-and-beam barn, with seating for up to 250. Food served ranges from hot dogs and burgers to on-premise catered banquets and barbecues. Beverages served include soft drinks, beer, wine, and mixed drinks. P \$

Stanton Bird Club

PO Box 3172, Lewiston, ME 04243-3172 • Tom Robustelli • 207 782-5238

www.stantonbirdclub.org

The Stanton Bird Club is a local conservation organization serving Androscoggin County. Founded in 1919 making it one of the oldest bird clubs in the country, it owns and manages three sanctuaries-Thornrag in Lewiston (372 acres), Woodbury in Monmouth (160 acres), and Applesass Hill in Lewiston (2 acres). All properties have trails and are open to the public free of charge. The club offers numerous opportunities during the year for local and state field trips, and monthly programs presented (Oct. - May) on subjects of natural history interest. All are free of charge. Membership information is available on the website. P

Taber's

473 Lake Shore Drive, Auburn, ME 04210

Daniel Hargreaves • 207 784-2521

Taber's offers a unique recreational experience on the shore of Lake Auburn. Visitors can enjoy a burger or sandwich and their favorite ice cream while playing miniature golf or hitting golf balls at the driving range. P \$

Taylor Pond Yacht Club

Perkins Ridge Road, Auburn, ME 04210

Leigh St. Pierre, Commodore • 207 777-3534 • www.tpyc.info

Taylor Pond Yacht Club was founded in 1942 for family recreation. It is located on the west shore of Taylor Pond in Auburn, a beautiful two-mile-long lake situated near Lost Valley Ski Area and just minutes from downtown Auburn and Lewiston. The club's 40 acres has over 850 feet of shore frontage with a sandy beach and pine tree shaded picnic area. Members enjoy the use of two clubhouses with a large screened porch, two hard-surfaced tennis courts, protected swimming area, dock, boat mooring area, ball field, and plenty of parking. Although Taylor Pond Yacht Club is a private club, it offers tennis, sailing, swimming, and art lessons that welcome the public. Qualified paid instructors and their assistants design programs with an emphasis on safety and fun. P \$

RECREATIONAL ACTIVITIES

The Great Outdoors

68 Naiad Lane, Turner, ME 04282 • Mary Seaman • 207 224-7061

The Great Outdoors is a family-run, private recreational function facility located on the northern end of Pleasant Pond, directly adjacent to restaurants, golfing, and a country club. The 60-acre facility includes a lodge with a full-service kitchen, an inviting fieldstone fireplace and stage, with seating for up to 300 people, picnic areas with grills, sports area- tennis, basketball, horseshoes, baseball, volleyball, large sandy beach and swimming area, and kayak and canoe rentals. Two, three and six, bedroom cottage rentals are available by the week, month or season from May through September. The Great Outdoors can accommodate groups of up to 2,000 people for a limitless array of events, including weddings and receptions, family and class reunions, staff parties, corporate retreats, dances, graduation gatherings, summer day camp/day care access, and fund-raisers.

Thornrag Nature Sanctuary

Gates to the right of the corner of Highland Spring Road & Montello Street, and at the dead end of East Avenue Lewiston, ME 04240
Tom Robustelli • 207 783-2839 • www.stantonbirdclub.org

Thornrag Nature Sanctuary, the largest bird sanctuary in New England, is a 372-acre wildlife preserve located within the city limits of Lewiston. It is owned and managed by Stanton Bird Club. A half-mile hike to the top of the sanctuary is rewarded with a view, at the highest point in the city, of Mt. Washington, NH. The sanctuary is open to anyone from dawn to dusk for birdwatching, snowshoeing, cross-country skiing, picnicking, hiking, and many other activities. Trail maps are available at the gate kiosks. Dogs and other domestic pets are prohibited from Thornrag Nature Sanctuary. P

Turner Highlands Country Club

North Parish Road, Turner, ME • George Chiasson & Dave Iannotti
207 224-7060 • www.turnerhighlands.com

Turner Highlands is an 18-hole course that is challenging, very well maintained, and has beautiful views of the surrounding mountains. It is open to the public with 9, and 18-hole rates. Reservations are recommended. Included is a well-stocked pro-shop, locker rooms with showers, a snack bar for a quick bite, a comfortable player's lounge- and Fore Seasons Restaurant for dining, and functions. P \$

YMCA of Auburn-Lewiston

62 Turner Street, Auburn, ME 04210 • Brian Dubois • 207 795-4095
www.alymca.com

Besides program opportunities in child care, youth sports, aquatics, teen center programs, and day camping, the YMCA has a complete fitness center including a swimming pool, basketball gym, teen center, and cafe. The YMCA builds strong kids, strong families, and strong communities. P \$

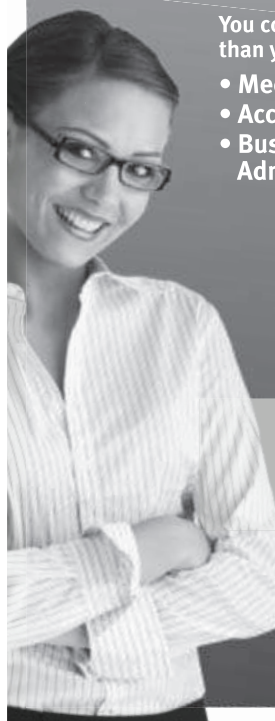
YWCA of Central Maine

130 East Avenue, Lewiston, ME 04240 • Pam Gallant ED
207 795-4050 • pgallant@ywcaine.org

The YWCA offers comprehensive Aquatics including a swim team, instruction, therapeutic, and recreational. We serve children from ages 1-5 in our day care program as well as before and after Kindergarten, and before and after school care. The YWCA also offers a summer camp. In addition, Intervention Services including adolescent counseling, teen parenting, and family mediation are offered. Check them out! P \$

NOTES

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